

OASIS news

Older
Adult
Social &
Information
Services

The official guide to the programs and services offered at the OASIS Senior Center

SEPTEMBER 2015

VOL. 39 NO. 9

**Membership Monthly
Get Together**

Friday, September 4

See pg 2 for details

**OASIS Senior Resources Expo
Saturday, September 12**

See back cover for details



A Publication of the City of Newport Beach and the Friends of OASIS
(949) 644-3244 www.newportbeachca.gov/oasis

Membership Monthly Get Together Friday, September 4, 10:00 am

Meeting, entertainment and lunch

Next month's meeting date: October is the Boutique and Rummage Sale. No Monthly Get Together in October. Join us on November 6. Buy your ticket early.

Featuring: Of all our performers, we get the most encore requests for Tatjana. From singing classics, to Broadway, to popular songs, she does it all. Tatjana never fails to captivate our audience. Her exciting vocal and dancing abilities together with her glamorous costumes make her a unique experience. Please join us for what will be one of the best shows of our 2015 season.



This is the regular monthly meeting of the Friends of OASIS. It provides opportunities for attendees to socialize and to receive important updates from the Friends' Officers, the Board Committees, and the Center Director and her staff while enjoying entertainment and a special lunch.

Lunch Tickets: \$8 members/ \$10 non-members
Advance purchase is recommended.

Location: OASIS Evelyn Hart Event Center

Program Director: John Carroll, 1st Vice President

Menu: 1/2 club sandwich, salad, fruit and root beer float. Provided by Crown Cove.

OASIS Senior Center

801 Narcissus Ave., Corona del Mar, CA 92625-1501

www.newportbeachca.gov/oasis

Administration Office

(949) 644-3244

Monday-Friday 8:00am-5:00pm

Saturday/Sunday Closed

Fitness Center

(949) 718-1818

M-Th 7:00am-8:00pm, Friday 7:00am-5:00pm

Saturday/Sunday 8:00am-4:00pm

Center is closed on all City-observed holidays.

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Trish McCauley

(949) 718-1820

Kathy Mooney

OASIS News Staff

Senior Editor, Anne Doughty

Assistance by Jennifer Sisoev & Danny Rice

Contributing Editor, Scott Paulsen

Newsletter Committee:

Louisa Arnold

Pat Jones

Nancy Madigan

Margo Stuart

Rich Tester

Nanette Bowman, Advertising Coordinator

Friends of OASIS Staff and Office

Eleanor Anderson & Berenice Barajas

801 Narcissus Ave., Corona del Mar, CA 92625-1501

www.friendsofoasis.org

Phone: (949) 718-1800

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Front Cover Photo : OASIS Senior Resources Expo Anne Doughty and Steve Hardy

Welcome to OASIS

Celeste Jardine-Haug

OASIS Senior Center Manager



Well we made it through the muggy July and August, but now to see what September will bring us. Hope the threat of the El Nino coming is true as it would be great to help get us out of our drought situation. We have a great month in store for everyone with lots of fun activities.

Our new classes for the fall season look to be very interesting. Buff Bones Chair Class, Moving Meditation, Introduction to Sign Language, and Fitness the Total Package are just a few. The rest you can find in the class pages (pgs 9-25) of this newsletter issue. Our staff is constantly starting new classes that have been suggested by our members, so I hope you come and enjoy them.

This month is our very popular OASIS Senior Resources Expo which will be held on Saturday, September 12. As always, there will be new and exciting vendors who have some great services to tell you about as well as our very popular "Taste of OASIS" lunch option. The Expo runs from 9am to noon. Lunch starts at noon.

Lastly is our final concert in the courtyard featuring an Eagles cover band called "A Peaceful Easy Eagles Tribute". Saturday September 19th is the date and tickets will sell out fast. We will have box dinners and wine and beer for sale. You will not want to miss out, if you are an Eagles fan.

Have a great September and I hope to see you soon!

Celeste

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Kathy Stewart

Friends of OASIS President

I said this last year and I'll say it again - I love Labor Day!! All the kids go back to school and all the tourists go home! We can now park on our own street and drive to the store anytime of the day! I also enjoy the cooler temperatures!!

We had such a wonderful summer with trips to Catalina and Oregon! Now we are looking forward to an amazing time with our "travel buddies" doing the Canadian Rockies- staying in some gorgeous places; including Banff, Lake Louise, & Jasper. Lots of golf, fishing & hiking! And maybe a bit of shopping.

Speaking of shopping- be sure to tell everyone you know about our upcoming Rummage Sale (Oct 2&3). It's going to be the biggest one ever!

Also, Be sure to get your tickets early for the "Eagles" concert on September 19th.

Our summer events are always a sell out so don't be left out!

Happy End of Summer everyone!

Kathy



ADMIT ONE

AFTERNOON MOVIE "The Magic of Belle Isle"

Wednesday, September 30
Movie starts at 1:00pm
Evelyn Hart Event Center

Synopsis: After alcoholism depletes his enthusiasm for writing, celebrated author Monte Wildhorn finds his creative passion renewed when he moves to quaint Belle Isle and gets to know his next door neighbors -- a single mother and her three daughters.

Starring: Morgan Freeman, Virginia Madsen, Madeline Carroll.

Running time: 109 Minutes.



ADMIT ONE

THOUGHT OF THE MONTH

"Attitude is everything. We can't direct the wind, but we can adjust our sails."

Contributed by Louisa Arnold

SENIOR RESOURCES EXPO

Saturday, September 12
Please see the back cover for details

THE BIG BAND ERA & BEYOND

Instructor Frank Amoss

Wednesday, September 9
2:00-3:30pm
Event Center A



Program is free.

No registration required.

This month's topic: The vocal groups of the Big Band Era will be featured. Also the continuation of Howard Rumsey's Lighthouse and it's part in providing musicians, who were veterans of the big bands, with an opportunity to develop what became known as West Coast Jazz.

SAVE THE DATE!

Flu Shot Clinic
Wednesday, October 14
9-11am



OKTOBERFEST

Wednesday, October 21 @
5:00pm



Tickets are \$5 and will sell out
Ticket includes one bratwurst and one beer.

Ages 21+

To purchase a ticket stop by the Administration Office or call 949-644-3244.

HOW THE STOCK MARKET WORKS

Instructor: Joyce Ardo

**Monday, September 28, 6-8pm (SS4107) or
Monday, October 26, 1-3pm (SS4108)
Room 1**

\$15 per person. A \$5 material fee payable to instructor in class.

This class is designed for first time students who are interested in learning the history and basic information about the stock market. Participants will learn what the stock market is and how it works. Come explore the history of the market, the difference between the Dow Jones and NASDAQ, and why companies use stocks.

SEPTEMBER CONCERT IN THE COURTYARD

**"A Peaceful Easy Eagles Tribute"
Eagles Greatest Hits**

**Saturday, September 19
5:00pm
Doors open at 4:30pm
Age 21+**



Rain or shine. No refunds

Tickets are \$10 and include a boxed dinner. The Friends of OASIS will be selling beer and wine. Remember to bring your own chairs and blankets!

This event will sell out, so give us a call at (949) 644-3244 or hurry in to our Admin Office to purchase your tickets.

SWING INTO HISTORY

with Erik Larson

**Friday, October 9
1:30pm**

Evelyn Hart Event Center



Please call 949-644-3244 or come by the Administrative Office to RSVP for this free event.

Erik Larson is a music historian, having extensively studied the Big Band Era covering the 1920's through the early 1950's. His music presentations feature the original recordings while sharing interesting and little known facts about the bands, their leaders, vocalists and ballrooms. He invites audience questions, reminiscences and guesses as to the singer or band he is playing. He has been entertaining audiences, young and old, for nearly two decades. Larson is not a disc jockey, does not bring a band or play a musical instrument during his programs, rather, he brings vintage music of exceptional quality and offers information about this fascinating era in a fun, interactive environment. Additionally he is a speaker with Arizona Humanities and has served with two big band radio stations.

CONGRATULATIONS TO OUR OC FAIR BEADING WINNERS!

In this years Orange County Fair Oasis's own beading instructor Tania Addington placed 1st in the Professional beading category. Laura Perry, a beading student, placed 2nd in the bead weaving category. Join us in congratulating them on their wins and if you are interested in learning this beautiful art, please see the class information on page 20.

DAILY CONGREGATE MEAL PROGRAM

Please remember to request your lunch order (hot or cold) 3 days in advance. Food is not prepared on site and must be ordered in advance based on the number of lunch requests. In order to eliminate excessive food waste, we no longer have "Standing Requests". If you are a regular lunch attendee, be sure you have either signed up in the blue binder or you have completed a monthly "Lunch Request" and returned it to Trish in the kitchen.

Please phone 949-718-1820 if you have any questions.

WHAT HAPPENS WHEN YOUR IMMUNE SYSTEM GROWS UP?

HOAG HOSPITAL MEDICAL LECTURE

Presented by Ankmalika Gupta
Louis, M.D.



Wednesday, September 2
1-2pm
Room 1

Registration is REQUIRED for this free lecture.
Please call (800) 400-4624 to RSVP.

Join Hoag's Medical Group Allergist and Immunologist as she highlights the changes that occur on a molecular level and how they manifest in your day-to-day life. This informative presentation will allow you to better understand your immune system to lead a healthier life.

SCREENING FOR LOWER BODY MUSCLE POWER

By: Robert Keller, M.S., CSCS, OASIS Personal Trainer

Thursday September 17
Appointments available between 2-4pm
(check in at the front desk)

Please call 949-644-3244 to schedule your free appointment.

A decline in lower-body muscle power has been associated with increased use of the healthcare system, risk of future disability, fall risk, and loss of independent living status. If you have already noticed activities of daily living involving the lower body are requiring more effort than they once did, or if you wish to be assessed to see if you may be at risk for loss of lower-body power, this simple 10-minute screening can identify where you currently stand and is beneficial in determining what action to take to remain active and functionally capable.

BASIC ESTATE PLANNING AND ELDERLAW

Presented by Bradley S. Erdosi, Esq.

Thursday, September 10
10:00am
Room 1

Please call 949-644-3244 or email
OASISCenter@newportbeachca.gov to RSVP for
this free lecture.

Come learn why you may need a revocable Living Trust; why everyone over 18 needs a Power of Attorney and how to make sure someone can make healthcare decisions for you if you can't.

GROUP DRUMMING!

Come And Discover Your Own Personal Rhythm

Facilitator: Lee Kix

Wednesday, September 16
11:30am-12:30pm
Event Center A



Doors open at 11:15.
Event is open to the first 25 people.

SAVE THE DATE- 12TH ANNUAL ART IN THE PARK

Saturday, October 10th from 10am to 4pm

Civic Green at the Newport Beach Civic Center
100 Civic Center Drive, Newport Beach.

Admission and parking is free to the public!

Information and entry applications for artists and artisans can be found on the Foundation website
www.newportbeachartinthepark.com

NEW! GOOD GRIEF CAFÉ

Thursday, September 10

6-7pm

Room 5

Please call 888-368-6869 for RSVP or inquiries.

Come and join us for coffee or tea, and share in easy and comforting conversation about the loss of your loved one. Please call 888-368-6869 for RSVP or inquiries. The group meets the second Thursday of the month starting Sept 10.

NEW! SELF DEFENSE AND SAFETY CLASS

Presented By Get Safe USA

Monday, October 26

5:30-7pm

Room 1

Use class code SS4613 to register. Class fee: \$20.

Join us for an evening of self-defense and safety. Training topics include personal safety and awareness; emergency self-defense techniques; safety at home and work; assertiveness training; understanding and reacting to inappropriate behavior; conflict avoidance/resolution.

AUDIOLOGY AND YOU

Presented By: Providence Speech & Hearing Center

Wednesday, September 23

2-3pm

Room 1

Please call 949-644-3244 or email oasiscenter@newportbeachca.gov to RSVP for this free lecture.

Audiological evaluations are an important part of your overall health and well-being. Hearing loss affects over 50% of adults ages 45-74 years of age. Only 20% of those affected by hearing loss seek help. Orange County's non-profit provider, Providence Speech & Hearing Centers, will provide an informative overview on why you should get your hearing tested, hearing aid services, and vestibular evaluations.

NEW! TRAVELING TOGETHER GRIEF SUPPORT CLASS

Mondays, October 12-November 16

2-4pm

Room 4

Please call 888-698-6869 for RSVP or inquiries.

This 6 week grief support group offers a safe place, safe people and a safe time where mourners can express their grief and begin the healing and growing process. Space is limited to 12.

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH!

Celebrate LIFE!

L=Learning, expand your knowledge

I=Independence, live on your terms

F=Friends, enjoy life, laughter and feeling connected

E=Energy, discover health and vitality

(source: National Council on Aging)

Here at OASIS, we provide all different types of ways to celebrate life. Have you:

Taken one of our trips through the Travel office?

Enrolled in a class that's completely new to you?

Joined one of our many social groups?

Attended one (or more!) of our many monthly lectures or special events?

Become a member of our Friends of OASIS?

Checked out and/or joined our Fitness Center?

Stopped by the OASIS to say hello?

Celebrate your life this month by treating yourself to something new and different. It's never too late to celebrate!



Tuesday Topics - A New Lecture Series

SECRETS OF THE SEASONED TRAVELER

Presented by Randy Case, President & founder of AFC Vacations

Tuesday, September 29

6:00pm

Event Center A



This informative presentation is for everyone from novice travelers to aficionados. Join Randy Case, President and founder of AFC Vacations as he shares tips and secrets about the best times to travel whether domestic or foreign, maneuvering the world of travel websites, dressing for your trip, currency exchange, and much more. Randy will teach you how to be a traveler, not a tourist! Randy Case, began as a tour manager in 1976 while attending college at UCLA. After several years escorting worldwide tours & cruises for such fine first class companies as Conner Tours, Club Universe, Maupintour, Tauck Tours, & Olsen Travelworld., he decided to venture out on his own and formed AFC Tours which has been providing tours & cruises with style since 1982!

Fall Class Highlights

INTRO TO SIGN LANGUAGE

Instructor: Hillary Van Ness

Fridays, 9/18-10/23 (6 weeks)

11am-Noon Room 5

\$60 for this six-week course. Course# SS4141

For more information or to contact the instructor, see page 17.

NEW TECHNOLOGY CLASSES

iPad Basics

Page 20

iPhone for Beginners

Page 18

iPhone Tips & Secrets

Page 18

Computer Skills Intermediate

Page 19

Sending Mass Emails

Page 20

FITNESS THE TOTAL PACKAGE

Instructors: Karen Oerth & Nancy Daniels

Wednesdays, 9/9-10/14 (6 weeks)

9-10am Room 5

\$150 for this six-week course. Course# SS4527

For more information or to contact the instructor, see page 10.

COOKING WITH CHEF SUSAN

Instructor: Susan Miller

September - Pasta Dishes

October - Mediterranean Dishes

November - Holiday Dishes

For more information including prices for the above classes or to contact the instructor, see page 16.

BUFF BONES CHAIR CLASS

Instructor: Kathryn Rollins

Fridays, 9/18-10/23 (6 weeks)

9:15-10:15am Room 5

\$88 for this six-week course. Course# SS4544

For more information or to contact the instructor, see page 9.

WATER MIXABLE OIL PAINTING

Instructor: Theresa Fernald

Tuesdays, 9/8-10/13 (6 weeks) Course #SS4191

Tuesdays, 10/27-12/1 (6 weeks) Course #SS4192

5-8pm OASIS Art Room

\$70 for each six-week course.

For more information or to contact the instructor, see page 24.

REGISTRATION INFORMATION

You may register for these classes in four easy ways; see page 42 for details. Minimum number of participants required or class may be cancelled. Class fee will NOT be pro-rated and a \$5 or \$10 non-resident fee will apply.

Fitness**BARRE STRETCH & STRENGTH**

Instructor: CS Dance Factory Info@CSDanceFactory.com 949-230-5934

Live longer, get stronger! Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres to get a unique workout.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
SS4550	9/18-12/11	F	10:15-11am	\$120/12 mtgs

DROP IN (NO REFUNDS)

DRP455	See above for class dates, days and times			\$15/1 mtg
No class 11/27				

NEW! BUFF BONES CHAIR CLASS

Instructor: Kathryn Rollins

This chair exercise class is for the person who wants to keep their bones strong. It's full of scientifically-based strengthening and stretching moves specifically for bone health. Taught by a nurse who specializes in injury prevention and injury management.

- All bodies are welcome.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS4544	9/18-10/23	F	9:15-10:15am	\$88/6 mtgs
SS4545	11/6-12/18	F	9:15-10:15am	\$88/6 mtgs
No Class 11/27				

CHAIR EXERCISE

Instructor: Judy Aprile

jjiaprile@yahoo.com

Build upper and lower body strength; increase flexibility; improve postural alignment and coordination. All exercises are performed seated.

LOCATION: OASIS EVENT CENTER

Class #	Dates	Day	Time	Fee
SS4505	9/2-9/28	MW	9:30-10:30am	\$26/7 mtgs
SS4506	10/5-10/26	MW	9:30-10:30am	\$26/7 mtgs
SS4507	11/2-11/30	MW	9:30-10:30am	\$23/6 mtgs
SS4508	12/2-12/16	MW	9:30-10:30am	\$20/5 mtgs
SS4509	12/21-12/23	MW	9:30-10:30am	FREE/2 mtgs

No Class 9/7, 11/11, 11/18, 11/25

**FALLPROOF®**

Instructor: Danielle Hernandez

revivifyfitness@gmail.com

This class is a progressive program designed to improve balance and reduce fall risk. Developed and researched at CSU Fullerton Center for Successful Aging, the FallProof® program has been proven to reduce the risk of falling in participants who've completed one or more rotations of the program. Candidates for this program must be able to safely walk a distance of 200 feet without the use of any assistive device (cane or walker). This program is not appropriate for people with memory loss or cognitive impairment that could adversely impact judgment and/or decision-making abilities.

- Space is limited to 12 students.
- New students must complete a balance assessment during the 2-week period before the first class. Also, all students must receive medical clearance prior to their balance assessment.
- Instructor will contact the participant after registration is processed to schedule the balance assessment.

LOCATION: OASIS ROOM 1A

Class #	Dates	Day	Time	Fee
SS4547	9/14-10/30	M/F	8:30-9:30am	\$160/14 mtgs

Mini Session: Once a week class for returning students only

(must have permission from instructor)

SS4548	11/16-12/14	M	8:30-9:30am	\$65/5 mtgs
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THE FELDENKRAIS METHOD® CLASSES

Instructor: Darcia Dexter

darciadexter@me.com

949-910-4337

The Feldenkrais Method® is a powerful mind/body approach that uses movement to increase awareness which improves physical and mental function. These classes are especially useful for those who want to overcome limitations brought on by stress, accident and/or illness. Developed by engineer/scientist Dr. Moshe Feldenkrais after his own debilitating injury, he created thousands of lessons beginning with a small, slow sequence of movements and was able to regain the ability to walk again. The purpose of this method is to help you understand new ways of moving more comfortably, easily and even elegantly which translates into returning to and/or discovering new activities that help you lead a full, healthy and well-balanced life. Participants will be getting up and down from the floor.

- Please wear loose, layered clothing.
- Bring a mat, your curiosity and be ready to play!

LOCATION: OASIS ROOM DANCE ROOM

Registration	Dates	Day	Time	Fee
SS4531	9/21-10/12	M	2-3pm	\$38/4 mtgs
SS4532	10/26-11/16	M	2-3pm	\$38/4 mtgs

NEW! FITNESS THE TOTAL PACKAGE

Instructors: Karen Oerth and Nancy Daniels

Get ready to put it all together! This class starts by setting realistic goals and ends six weeks later with a strategy for maintenance. It is a practical approach to customize your personal fitness. Each week we will take you on a journey to get you closer and give you tools for better health. You will gain personal confidence and a sense of wellbeing. This will inspire you to approach fitness as a life long journey. This course will serve as your foundational platform for a successful exercise and dietary program.

- All participants will be given a short "Goal Setting and Fitness Assessment" form to be completed before class begins. It is suggested that each participant be cleared by their physician to engage in light activities.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS4527	9/9-10/14	W	9-10am	\$150/6 mtgs

FUNCTIONAL FITNESS

Instructor: Judy Aprile

jjjapril@yahoo.com

This Coastline College Special Programs class is for older adults with a verifiable medical diagnosis who would benefit from adaptive strength and flexibility exercises. Activities are performed seated and standing (based on individual ability).

- Students must have a verifiable physical disability.
- Registration through Coastline College is required. Please call Coastline at (714) 241-6214 for Coastline registration form.

LOCATION: OASIS ROOM 2

Registration	Dates	Day	Time	Fee
See above	8/24-12/7	M	11am-12:30pm	FREE

NEW! KEEPING YOUR BONES STRONG & HEALTHY

Instructor: Kathryn Rollins

plumblines@hotmail.com

949-422-9834

Come to this informative, one hour class where you will learn about osteoporosis/osteopenia, the anatomy of the bone, how it ages and the best exercise and diet decisions you can make. Taught from a proactive viewpoint by a nurse who specializes in Injury Prevention and Injury Management.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS4539	9/16	W	4-5pm	\$20/1mtg

GOLF

Leader: Delane Thyen

dirksent@adelphia.net

949-413-2712

Group plays at four different courses. Reservations are required!

- Mon: Costa Mesa-Los Lagos, \$33, long & challenging, par 72.
- Wed: Fountain Valley-Mile Square Classic Course, \$38 + \$45 annual senior card, long & challenging.
- Wed: Costa Mesa- Mesa Linda, \$26, par 70.
- Fri: Fountain Valley-Mile Square Players Course \$40 + \$45 annual senior card, long & challenging.
- Cart fees vary. Average cost is \$12 per person.

Registration	Dates	Day	Time	Fee
RSVP Required	Ongoing	MWF	Check-in times vary	See above

NEW! HEALTHY & STRONG HIP

Instructor: Kathryn Rollins

plumblines@hotmail.com

949-422-9834

Help your hips feel healthy and more mobile. In this two-part class you'll learn hip anatomy, what causes injuries/pain and what stretches/exercises help keep your hips balanced. Taught by a Nurse who specializes in Injury Management and Injury Prevention.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS4540	10/7 & 10/14	W	4-5pm	\$30/2 mtgs

NEW! A HEALTHY & STRONG NECK

Instructor: Kathryn Rollins

plumblines@hotmail.com

949-422-9834

Does your neck ache by the end of the day? Come and learn about the anatomy of the neck, the surrounding muscles which impact it and some stretches and exercises you can do to keep it strong. Taught by a nurse who specializes in Injury Management and Injury Prevention.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS4542	12/9	W	4-5pm	\$20/1 mtg

NEW! THE PSOAS MUSCLE AND YOUR BACK

Instructor: Kathryn Rollins

plumblines@hotmail.com

949-422-9834

Could your psoas be impacting your back? At this one hour lecture you will learn the anatomy of the psoas muscle, new research about it and how to balance it so you can feel better. Taught by a Nurse who specializes in Injury Prevention and Injury Management.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS4541	11/18	W	4-5pm	\$20/1 mtg

KEEPING YOUR PELVIC FLOOR HEALTHY AND STRONG

Instructor: Kathryn Rollins

plumblines@hotmail.com

949-422-9834

Come and learn about your pelvic floor muscles and some techniques that can help strengthen them so incontinence can be minimized or avoided. Taught from a positive viewpoint by a nurse who specializes in Injury Prevention and Injury Management.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS3510	8/26 & 9/2	W	4-5pm	\$30/2 mtgs



LONGEVITY STICK

These easy to learn gentle movements promote physical fitness and mental relaxation. Please bring a one inch round (in diameter) wood stick that has a length equivalent to your body height. Most hardware stores carry wood sticks. Visit www.longevitystick.org to learn more.

LOCATION: GRANT HOWALD PARK

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	9:30-10:30am	FREE

MELT METHOD

Instructor: Yvette Casal meltwithyvette@gmail.com 714-520-1427

In this 60 minute class we will add another 2 R's of MELT. We will combine neuromuscular Reintegration and Repatterning using strength techniques to address the weak links that damage joints and inhibit your body's ability to function optimally. Learn to eliminate stuck stress before it accumulates causing chronic aches, pains and unwanted signs of aging. Reduce inflammation, ease chronic neck and low back strain, improve alignment, enhance athletic performance and keep your whole body feeling great at any age.

- Please bring a mat and water to drink.
- New to MELT? Please email Yvette once you register, meltwithyvette@gmail.com.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
SS4519	9/15-10/20	Tu	3-4pm	\$80/6 mtgs
SS4520	11/3-12/8	Tu	3-4pm	\$80/6 mtgs

DROP IN (No refunds)

DRP450 FALL SESSION See above for dates and times \$20/1 mtg

INTRO TO THE MELT METHOD OF SELF CARE

Instructor: Yvette Casal meltwithyvette@gmail.com 714-520-1427

For anyone who is new to the MELT Method, this class must be taken prior to attending the MELT Method 1 hour class. Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and aging. This simple self-treatment technique can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. In this 40 minute class Yvette will teach you the four Rs of MELT: reconnect, re-balance, re-hydrate, and release so you can develop a home practice and your own 10 minute MELT map to alleviate chronic pain brought about by aging and active living.

- Please bring a mat and water to drink.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
SS4517	9/15-10/20	Tu	2:15-2:55pm	\$45/6 mtgs
SS4518	11/3-12/8	Tu	2:15-2:55pm	\$45/6 mtgs

DROP IN (No refunds)

DRP462 FALL SESSION See above for dates, days and times \$10/1 mtg

NEW! MOVING MEDITATION

Instructor: Michael Ryan

Classes will begin with movements that relieve tension and calm the central nervous system. Students will also explore the use of props and self-massage techniques to reduce stress. Visualization and meditation will be practiced to enhance the quality of one's life.

- Material fee: \$15 for yoga tune up therapy balls (payable to instructor on the first day of class)
- Free Sample Class 10/2, 12:30-1:30pm (use code SS4529 to register)

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
SS4528	10/7-10/30	W/F	12:30-1:30pm	\$120/ 8 mtgs

PHYSICAL TRAINING

Instructor: Judy Aprile

jjjapril@yahoo.com

This light aerobics class targets cardiovascular conditioning, gait variation, strength and flexibility. Activities are performed standing, moving and lying on the floor.

- Please bring exercise mat and hand towel.

LOCATION: OASIS EVENT CENTER

Class #	Dates	Day	Time	Fee
SS4500	9/2-9/28	MWF	8-9am	\$35/10 mtgs
SS4501	10/5-10/30	MWF	8-9am	\$38/11 mtgs
SS4502	11/2-11/30	MWF	8-9am	\$26/7 mtgs
SS4503	12/2-12/16	MWF	8-9am	\$23/6 mtgs
SS4504	12/21-12/23	MWF	8-9am	FREE/2 mtgs

No Class 9/4, 9/7, 10/28, 11/6, 11/11, 11/18, 11/20, 11/25, 11/27, 12/4

PILATES

Instructor: Kathryn Rollins

plumblines@hotmail.com

949-422-9834

Designed with flexibility and strength in mind, these gentle Pilates classes are also a great way to become informed about your body. Taught by a nurse who is also a certified Pilates instructor; all bodies are welcome. Just bring a mat and come ready to enjoy the class.

- Optional: bring a pair of 2lb ankle weights.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
BEGINNINGS				
SS3594	7/30-9/3	Th	7:30-8:30am	\$62/4 mtgs
SS4590	9/15-10/20	Tu	8:45-9:45am	\$88/6 mtgs
SS4591	9/16-10/21	W	5:30-6:30pm	\$88/6 mtgs
SS4592	9/17-10/22	Th	7:30-8:30am	\$88/6 mtgs
SS4593	11/3-12/8	Tu	8:45-9:45am	\$88/6 mtgs
SS4594	11/4-12/16	W	5:30-6:30pm	\$88/6 mtgs
SS4595	11/5-12/17	Th	7:30-8:30am	\$88/6 mtgs

BEGINNING/INTERMEDIATE

SS3597	7/30-9/3	Th	10:30-11:30am	\$62/4 mtgs
SS4596	9/17-10/22	Th	10:30-11:30am	\$88/6 mtgs
SS4597	11/5-12/17	Th	10:30-11:30am	\$88/6 mtgs

DROP IN (NO REFUNDS)

DRP454 See above for class dates, days and times \$20/1 mtg

No class 11/11, 11/26

Classes & Activities



SAILING

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing to those members who wish to learn how to handle a sailboat. Enjoy year-round sailing of our beautiful Catalina 34 MKII sloops, OASIS-V and OASIS-VI. Both are in excellent condition and ready for all-weather operations. Sailing is sometimes tranquil, often challenging and always enjoyable. Over 150 friendly club members welcome both experienced and new sailors. The Club meets the last Wednesday of every month, from 1:30-3 pm at the OASIS Senior Center. There is a \$54 quarterly dues charge and \$18 for each day sail. (Google "oasis sailing club" for our website). Call Membership Chair Rick Anderson at 714-273-7005 for membership details.

LOCATION (MEETING ONLY): OASIS ROOM 1

Registration	Dates	Day	Time	Fee
Not Required	9/30	W	1:30-3:30pm	See above

STRENGTH TRAINING

Instructor: Keith Glassman keith.glassman@gmail.com
Using bands and light hand weights, this class helps maintain or improve bone density as it tones, strengthens and stretches muscles throughout the body.

- Bring a mat.

LOCATION: OASIS EVENT CENTER

Class #	Dates	Day	Time	Fee
SS4522	9/8-10/1	Tu/Th	8-9am	\$65/8 mtgs
SS4523	10/6-10/29	Tu/Th	8-9am	\$65/8 mtgs
SS4524	11/3-12/1	Tu/Th	8-9am	\$40/5 mtgs
SS4525	12/8-12/17	Tu/Th	8-9am	\$35/4 mtgs

No Class 11/5, 11/10, 11/12, 11/26

DROP IN (No refunds)

DRP456	See above for class dates and times	\$12/1 mtg
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TAI CHI QIGONG

Instructor: Diana Wong dianawong2001@yahoo.com

Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements of Tai Chi create a powerful flow of energy that will enhance physical health and cultivate tranquility and harmony in your mind. This class provides step by step instruction for Tai Chi Qigong 18 movements. For clarification on style, please email the instructor.

- Beginners are welcome.
- Please wear comfortable clothing and low flat-soled shoes (no denim or open-toed shoes).

LOCATION: OASIS EVENT CENTER

Class #	Dates	Day	Time	Fee
SS4534	9/24-12/3	Th	9:30-10:30am	\$69/ 10 mtgs

No class 11/26

TRAIL TREKKIES

Leader: Shelly Dobkins

949-723-9181

This group meets on the 2nd Wednesday of every month. Sweeping ocean vistas and (hopefully) sea breezes are the main features of this hike. We will embark the trails of Dana Point's Headlands, and walk on dirt pathways and some pavement. There are elevation changes of approximately 100 feet on our 2 and 3/4 mile outing. This preserved, biological open space is home to many native (and sometimes rare) species of plants and animals. There are enjoyable ocean views during the majority of our time on this elevated trail. On one of our previous outings, we spotted whales.

- A hat, sunscreen and water are recommended. Bring a picnic lunch. Meet at 11:00 am sharp to carpool. In case of rain or temperatures above 90 degrees, the walk will be cancelled

LOCATION (MEET AT): OASIS OVERFLOW LOT. (5TH & MARGUERITE)

Registration	Dates	Day	Time	Fee
Not Required	9/9	W	11am	FREE

YOGA BLEND

Instructor: Sandy Farr healthwave@cox.net 949-378-8014 949-786-0736

If you have done yoga in the past and miss it, if you used to be active or athletic but life took you away, if career or illness interrupted your life, this program will get you back on track. Regain your strength, flexibility, coordination, sense of self and zest for life. Prepare for fun while increasing your health.

- No food two hours prior to class.
- Bring mat, two blankets and a smile!

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
BEGINNER				
SS4564	9/9-9/30	W	2-3:30pm	\$68/4 mtgs
SS4565	9/11-10/2	F	2-3:30pm	\$68/4 mtgs
SS4566	10/7-11/4	W	2-3:30pm	\$90/5 mtgs
SS4567	10/9-11/6	F	2-3:30pm	\$68/4 mtgs
SS4568	11/18-12/16	W	2-3:30pm	\$90/5 mtgs
SS4569	11/13-12/18	F	2-3:30pm	\$90/5 mtgs
INTERMEDIATE				
SS4570	9/14-9/28	M	5-6:30pm	\$55/3 mtgs
SS4571	9/9-9/30	W	3:30-5pm	\$68/4 mtgs
SS4572	10/5-11/2	M	5-6:30pm	\$68/4 mtgs
SS4573	10/7-11/4	W	3:30-5pm	\$90/5 mtgs
SS4574	11/9-12/14	M	5-6:30pm	\$108/6 mtgs
SS4575	11/18-12/16	W	3:30-5pm	\$90/5 mtgs

ATTEND CLASS 2 TIMES/WEEK (See above for class days and times)

SS4576	9/9-10/2	\$130/8 mtgs
SS4577	10/5-11/6	\$160/10 mtgs
SS4578	11/9-12/18	\$200/12 mtgs

ATTEND CLASS 3 TIMES/WEEK (See above for class days and times)

SS4579	9/9-10/2	\$175/11 mtgs
SS4580	10/5-11/6	\$200/13 mtgs
SS4581	11/9-12/18	\$250/16 mtgs

DROP IN (NO REFUNDS)

DRP452	See above for class dates and times	\$25/1 mtg
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No class 10/16, 10/19, 11/11, 11/27

IYENGAR YOGA

Instructor: Carolyn Matsuda cmats84@msn.com 714-388-4328

A yoga practice brings joy, flexibility, strength and balance in both body and mind. Yoga poses will be modified to your needs, to support and align your body, which then allows for a peaceful, alert mind. Instructor is a Jr. 1 Certified Iyengar Yoga Teacher.

- Bring a sticky mat and 3 firm blankets. Students generally spend about \$45-\$60 on these items. More details will be given the first day of class.

LOCATION: OASIS ROOM 1

Class #	Dates	Day	Time	Fee
SS4583	9/14-10/22	M/Th	10:00-11:15am	\$125/12 mtgs
SS4584	9/14-10/19	M	10:00-11:15am	\$71/6 mtgs
SS4585	9/17-10/22	Th	10:00-11:15am	\$71/6 mtgs
SS4586	11/2-12/17	M/Th	10:00-11:15am	\$125/12 mtgs
SS4588	11/2-12/14	M	10:00-11:15am	\$71/6 mtgs
SS4587	11/5-12/17	Th	10:00-11:15am	\$71/6 mtgs

DROP IN (NO REFUNDS)

DRP453 See above for class dates, days and times \$20/1 mtg
No class 11/23, 11/26

ZUMBA GOLD® CHAIR

Instructor: CS Dance Factory Info@CSDanceFactory.com 949-230-5934

ZUMBA GOLD® DANCE FITNESS

Zumba Gold® (Chair) exercise has simple, easy movements to increase strength and flexibility in your arms, legs and core muscles. Enjoy listening to fun Latin music and have a joyful time moving with our uplifting instructor. Stimulate your brain when you learn some basic Latin rhythms and simple steps that can be done in the chair. All exercises are performed seated. Great for injury recovery, too.

- Bring water & towel. Prospective students may try one class for free.
- Free Sample Class 9/18, 11:15-12:00pm

LOCATION: OASIS ROOM 1A

Class #	Dates	Day	Time	Fee
SS4562	9/25-12/11	F	11:15-12:00noon	\$60/11 mtgs

No class 11/27

ZUMBA GOLD-TONING

Instructor: CS Dance Factory Info@CSDanceFactory.com 949-230-5934

This class offers the best of both worlds: the exhilarating experience of a Zumba® Fitness-Party with the benefits of effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba® Gold-Toning classes help participants build muscle strength, increase bone density and improve mobility, posture and coordination. Toning sticks optional.

Class #	Dates	Day	Time	Fee
SS4557	9/11-12/18	F	9-10am	\$120/14 mtgs

DROP IN (No refunds)

DRP451 See above for class dates, days and times \$15/1 mtg
No class 11/27

**ZUMBA GOLD® DANCE FITNESS**

Instructor: CS Dance Factory Info@CSDanceFactory.com 949-230-5934

ZUMBA GOLD® DANCE FITNESS

The dance party workout for the young at heart. Zumba Gold®: Groovin' at your own pace; beginner and intermediate modifications shown. Easy-to-follow, low-impact dance steps to zesty Latin and international music. Meet new friends while moving and having fun! Improve balance, strength and mobility. Our motivating instructors will uplift and energize you. Now is a good time to feel great!

- See bottom of this column for the dates when class will not be held.
- Check out the Unlimited Discount: 6 classes/week for the price of 2! Includes Gold-Toning. Ultimate flexibility!

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
SS4551	9/14-12/14	M	9:00-10:00am	\$120/14 mtgs
SS4552	9/8-12/15	Tu	5:30-6:30pm	\$125/15 mtgs
SS4553	9/9-12/16	W	9:00-10:00am	\$120/14 mtgs
SS4554	9/10-12/17	Th	9:00-10:00am	\$120/14 mtgs
SS4555	9/10-12/17	Th	5:30-6:30pm	\$120/14 mtgs

UNLIMITED ZUMBA GOLD® OPTIONS

Unlimited includes all Zumba Gold® & Gold-Toning classes. Make-ups built in.

SS4558 9/8-12/18 M-F \$235 (Entire fall season)

MODIFIED UNLIMITED ZUMBA GOLD® OPTIONS

Tues, Thurs, and Friday classes only. Make-ups built in. Includes Zumba Gold® -Toning.

SS4560 9/8-12/18 \$230 (Entire fall season)

DROP IN (No refunds)

DRP451 See above for class dates, days and times \$15/1 mtg
No class 11/11, 11/26, 11/27

Pickleball

FREE! INTRO TO PICKLEBALL

Facilitator: Newport Beach Pickleball Volunteers sports@newportbeachca.gov

Come learn to play the fastest growing sport in America! No paddle or experience needed! Clinics are free but pre-registration is required. Clinics are taught in group settings. Group size may vary.

LOCATION: SAN JOAQUIN HILLS TENNIS COURT

1550 CROWN DRIVE, CORONA DEL MAR

Registration	Dates	Day	Time	Fee
ASP312	9/14	M	11am-12pm	FREE
ASP407	9/30	W	11am-12pm	FREE

Classes & Activities

BEGINNING PICKLEBALL

Instructor: Lonnie Kojima pokerlonnie@gmail.com
Learn beginning techniques of the pickleball forehand/backhand stroke, the dink, volleys, overheads, the serve and the return serve.

LOCATION: SAN JOAQUIN HILLS TENNIS COURT
1550 CROWN DRIVE, CORONA DEL MAR

Registration	Dates	Day	Time	Fee
ASP304	8/10-9/14	M	11:30am-12:30pm	\$75/5 mtgs
ASP403	9/28-10/26	M	11:30am-12:30pm	\$75/5 mtgs
No meeting 11/23				

INTERMEDIATE PICKLEBALL

Instructor: Lonnie Kojima pokerlonnie@gmail.com
Learn how to play a more consistent style of game and how to use strategy.

LOCATION: SAN JOAQUIN HILLS TENNIS COURT
1550 CROWN DRIVE, CORONA DEL MAR

Registration	Dates	Day	Time	Fee
ASP306	8/10-9/14	M	11:30am-12:30pm	\$75/5 mtgs
ASP405	9/28-10/26	M	11:30am-12:30pm	\$75/5 mtgs
No class 9/7				

INTERMEDIATE PICKLEBALL

Instructor: Newport Beach Pickleball Volunteers
Looking to take your advanced game to the next level? Come out and connect with other advanced players and inspire one another. Improve your strategy and techniques with these fun monthly drill clinics. Sample drills include: third shot practice, doubles strategy, point analysis, dinking and footwork drills. Clinic is FREE and offered the third Wednesday of every month for advanced players rated 4.0 and above.

LOCATION: SAN JOAQUIN HILLS TENNIS COURT
1550 CROWN DRIVE, CORONA DEL MAR

Registration	Dates	Day	Time	Fee
ASP413	9/16	W	5:30pm-Dusk	FREE

PICKLEBALL - INDOOR DROP-IN

Facilitator: Newport Coast Staff 949-270-8100
Three indoor courts for doubles play, no partner required. Paddles & indoor balls available. All skill levels welcome. Beginners are encouraged to attend on Fridays. Pay and Play! Drop-in cards may be purchased online, at City Hall, NCCC or OASIS. No cash accepted.

LOCATION: NEWPORT COAST COMMUNITY CENTER
6401 SAN JOAQUIN HILLS ROAD, NEWPORT COAST

Registration	Dates	Day	Time	Fee
Not required	9/4-12/18	M/F	12:30-3pm	\$3/ visit
No class 12/11				

PICKLEBALL - OUTDOOR DROP-IN

Facilitator: Newport Beach Pickleball Volunteers sports@newportbeachca.gov
Four outdoor courts for doubles play, no partner required. Paddles & balls are available. All skill levels welcome. New beginners are encouraged to sign up for our free introductory clinic before participating. Drop in play is free but registration is required.

LOCATION: SAN JOAQUIN HILLS TENNIS COURT
1550 CROWN DRIVE, CORONA DEL MAR

Registration	Dates	Day	Time	Fee
ASP401	9/8-12/18	M/W/F	8-11am	FREE
	9/8-9/29	T	5:30pm-Dusk	FREE
	9/9-9/30	W	5:30pm-Dusk (advanced play)	FREE
	9/10-12/17	TH	9am-Noon	FREE

Music & Dancing

BALLET II

Instructor: Michelle Zehnder Caumiant mcaumiant26@gmail.com
Join us in learning the graceful beautiful movements of ballet. Work on strength, flexibility, coordination and balance through this time-tested successful form of dance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. This class is designed for people who have had at least one year of ballet at some time in their lives. Please wear comfortable clothing and ballet slippers by the second class meeting.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
SS4601	10/6-12/8	Tu	11:30am-12:30pm	\$100/10 mtgs

DROP IN (NO REFUNDS)

DRP458 See above for class dates, days and times \$15/1

INTRO TO BROADWAY DANCE

Instructor: CS Dance Factory Info@CSDanceFactory.com 949-230-5934
Come learn simple, basic Broadway dance patterns and techniques. No partner necessary as it's taught in a small group setting. Steps are broken down so beginners are able to dance immediately with confidence. Enjoy favorite Broadway tunes, and see why dance is top-rated for your brain, your heart and your soul! Optional performance opportunities.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
SS4599	9/23-12/9	W	10:15-11am	\$130/10 mtgs
No class 11/11, 11/25				



HULA

Instructor: Marianne Ripley 949-642-8737

Learn this beautiful, expressive dance.

LOCATION: OASIS DANCE ROOM

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	11-Noon	FREE

DANCE WORKSHOP

Instructor: Michelle Zehnder Caumiant mcaumiant26@gmail.com

This dance workshop incorporates many styles of dance seen on stage and television. You will warm up with a ballet barre and then we will work on choreography using a variety of dance styles. This is a great opportunity for you to develop a unique repertoire of dances in a fun and friendly workshop atmosphere. At least one year of dance experience is advised. Please wear ballet or jazz shoes by the second class.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
SS4603	10/3-12/12	Sa	11am-12:30pm	\$165/11 mtgs

DROP IN (NO REFUNDS)

DRP459 See above for class dates, days and times \$20/1

JAZZ DANCING

Instructor: Michelle Zehnder Caumiant mcaumiant26@gmail.com

Both men and women may join this class. Have fun while improving strength, stamina, flexibility, balance and coordination. We will be dancing to a variety of music that will inspire you to get up and move. Whether it's Broadway, movies or television, past or present, this style has a lot of diversity and is so much fun. This class is designed for people with at least one year of dance experience sometime in their lives.

- Please wear jazz or soft shoes.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
SS4605	10/6-12/8	Tu	12:40-1:40pm	\$100/10 mtgs

DROP IN (NO REFUNDS)

DRP460 See above for class dates, days and times \$20/1 mtg

LINE DANCING

Instructor: Carolyn Cragun 714-381-0227, carolyn@dancedivinely.com

Learn new dances and old favorites while improving your fitness level.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
LEVEL 1				
SS4607	9/10-11/12	Th	1-1:55pm	\$62/10 mtgs

LEVEL 2

SS4608	9/10-11/12	Th	2-2:55pm	\$62/10 mtgs
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LEVEL 3

SS4609	9/10-11/12	Th	3-4pm	\$62/10 mtgs
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COMBO CLASS: LEVEL 1 & 2

SS4610	9/10-11/12	Th	1-2:55pm	\$74/10 mtgs
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COMBO CLASS: LEVEL 2 & 3

SS4611	9/10-11/12	Th	2-4pm	\$74/10 mtgs
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OASIS SING ALONG

Instructor: Nancy Johnson

Join a group of music aficionados who love to sing together, harmonize and learn new tunes. Join in and sing with us!

LOCATION: OASIS EVENT CENTER

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Th	1-3pm	FREE

SING & PICK HOOTENANNY GROUP

Facilitator: Mac MacAdam mnmacadam@sbcglobal.net 949-644-6180

Join the fun as we sing and play American folk, bluegrass, country, blues and gospel songs. Bring your acoustic (non-amplified) instrument: guitar, mandolin, fiddle, bass, ukulele, harmonica, etc., or just sing along with the group. Lyrics and chords provided. Beginners to advanced. Regular attendance is not required. Visit us any Friday!

- For further information, please call or email Mac (Contact info listed above)

LOCATION: OASIS ROOM 5

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	F	1-3pm	FREE

UKULELE STRUMMERS AND SINGERS

Instructor: Tony Cappa 949-492-1700

Our ukulele strumming, singing and hula dancers' activities are socially oriented to have fun, learn and self improve. Four strings of lifetime fun. Beginners or those with music experience or who like to perform and entertain - join us.

LOCATION: OASIS EVENT CENTER

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	1-3pm	FREE

UKULELE WORKOUT

Instructor: Maryann Ripley 949-642-8737

Have fun playing the ukulele and singing as a group. Learn new songs and chords. Everyone is welcome, beginner to advanced.

LOCATION: OASIS EVENT CENTER A

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	10-11:30am	FREE

Enrichment

BOOK DISCUSSION GROUP

This book group meets every 2nd Wednesday of the month. Read the book and join the group discussion.

LOCATION: NEWPORT BEACH CENTRAL LIBRARY, 1000 AVOCADO

Registration	Dates	Day	Time	Fee
Not Required	9/9	W	9:30-11am	FREE

CURRENT EVENTS DISCUSSION

Facilitator: Ginger Hayter 949-813-0377

Join this group to openly discuss current events in a friendly setting. Topics will include news, magazines, and movies. Participants are asked to bring an article to share with the group. From time to time, a speaker may present on a special topic.

LOCATION: OASIS LIBRARY

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	5-7pm	FREE

Classes & Activities



COOKING WITH CHEF SUSAN

Instructor: Chef Susan Miller

healthyone5@aol.com

Course SS3057: Pasta, Pasta, Pasta! Is Pasta Good For You?

The answer is, "Yes" and "No." Explore the ways you can eat it and stay healthy! We'll make breakfast, lunch and dinner dishes out of all kinds of healthy pasta!

Course SS4063: Delicious Mediterranean Cooking Take a culinary trip to the Mediterranean to explore a variety of delicious dishes influenced by the cuisines of Italy, France, Spain & Greece. The menu includes: endive salad with pears, pecorino and pine nuts, roasted asparagus with lemon-caper vinaigrette and lavash with baba ganoush (roasted eggplant).

Course SS4064: Foolproof Holiday Dinner The most successful holiday events are the ones where the guests enjoy the food you prepare and the hostess is having a good time. Learn to make a great holiday dinner with no stress! Menu includes: accidental turkey, sweet potato puree, orange-braised carrots and parsnips, green beans gremolata, truffle mashed potatoes, and pumpkin chocolate truffle cake.

- \$20 material fee payable to instructor for each two week session.

LOCATION: OASIS EVENT CENTER C

Registration	Dates	Day	Time	Fee
SS3057	9/22-9/29	Tu	2-4pm	\$45/2 mtgs
SS4063	10/13-10/20	Tu	2-4pm	\$45/2 mtgs
SS4064	11/10-11/17	Tu	2-4pm	\$45/2 mtgs

DRIVER SAFETY (AARP)

This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills/techniques, preparation for written test, DMV test questions, how to tell if you should give up driving and even how to get around when you no longer drive. Some insurance companies offer a three year discount on auto insurance upon completion of this course.

- **YOU MUST ATTEND CLASS BOTH MONDAY AND WEDNESDAY TO COMPLETE THE COURSE.**
- In-person, advance registration only.
- Checks only, made payable to AARP.
- **Fee: \$15 AARP members; \$20 non-members.**

LOCATION: OASIS ROOM 2B

Registration	Dates	Day	Time	Fee
See above	9/21 & 9/23	M/W	2-6pm	See above
See above	10/19 & 10/21	M/W	2-6pm	See above

FOREIGN AFFAIRS DISCUSSION

Facilitator: Ginger Hayter

949-813-0377

This group meets to discuss changes taking place in the world and in our country's foreign relations.

- This group meets on the 3rd Thurs. of the month Feb - Sept.
- \$25 fee includes a workbook, available in the Admin Office.
- Topic:

LOCATION: ROOM 2B

Registration	Dates	Day	Time	Fee
SS2178	9/17	Th	1-3pm	\$25

FINANCIAL FORUM

Facilitator: Jim Sutter

jimsutter@aol.com

The group meets on the first Thursday of the month. For September, in addition to our regular review of market expectations and the global economy forecast we will address significant considerations for estate management. Our speaker will cover specific elements the seniors need to address and will be aided by an attorney specializing in estate planning and management. Get your questions ready for another double header presentation.

LOCATION: ROOM 4

Registration	Dates	Day	Time	Fee
Not Required	9/3	Th	3-5pm	FREE

GARDEN CLUB

Leader: Doug Coulter

This club meets the 1st Saturday of the month and has a speaker on gardening at each meeting. Come join us to learn about gardening; visit our website at www.oasisgardenclub.com. For information about membership, contact Carolyn Rust at (949) 640-0223

For more information about the summer party call Marilyn Gordon at 949-720-1763.

LOCATION (MEETING ONLY): BAYSHORES BEACH

Registration	Dates	Day	Time	Fee
Not Required	9/12	Sa	5:30pm	FREE

INFORMAL BOOK GROUP

Leader: Phyllis Scheffler

Enjoy sharing and discussing a variety of stimulating books in a relaxed setting on the first Wednesday of each month. This month's reading topic: Science Fiction/Fantasy

LOCATION: OASIS ROOM 1A

Registration	Dates	Day	Time	Fee
Not Required	9/2	W	10:30-Noon	FREE

LET'S GO TRIPPIN' : TRAVEL FILM SERIES

Presenter: Tom Getz

tandcgetz@gmail.com

This group meets the second Wednesday of the month and covers a variety of personal travel tales. In September, Craig Smith will cover Yellowstone in the winter and Grizzly Bears from Kodiak, Alaska.

LOCATION: OASIS EVENT CENTER

Registration	Dates	Day	Time	Fee
Not Required	9/9	W	7-8pm	FREE

WOMEN'S WISDOM

Facilitator: Barbara Stern

barbaras@cox.net

Celebrate your time of life and find common ground with other amazing women who are each on their own journey! Join our discussion group and enjoy stimulating conversation, become more knowledgeable about changing lifestyle issues and what is possible at this stage of our lives! Connect with interesting women! Discover new perspectives! Have a good time!

- **Space is limited to 14 participants. Please email the facilitator (listed above) to sign up. Include your contact information.**

LOCATION: OASIS ROOM 3

Registration	Dates	Day	Time	Fee
RSVP Required	9/16-11/4	W	3:30-5pm	Free/7 mtgs
No class 9/23				

WRITING ROUNDTABLE GROUP

Facilitator: Jos Vloet

vloet@sbcglobal.net

The class is dedicated to improving writing skills by presenting readings, then receiving critiques. Authors may bring prepared material, double spaced, with a copy for each attendee. A classroom copy machine is available. Content may include short stories, personal essays, a magazine article or poem. Reading time depends upon class attendance. Please visit our interesting group.

LOCATION: OASIS ROOM 5

Registration	Dates	Day	Time	Fee
RSVP Required	Ongoing	W	1-3pm	FREE

WRITING YOUR LIFE STORIES

Instructor: Berteil Mahoney

949-496-7289

INTRODUCTION

Have you ever wanted to write about your life, but wondered how to get started, how to keep going, and whether it's even worth it in the first place? In this class, you will learn how to turn the crazy, sad and wonderful stuff of your life into stories that have order, clarity and meaning. With opportunities for giving and receiving feedback, you will learn how to prepare your stories for the benefit of future generations – possibly your greatest legacy. No writing experience necessary.

- Free introductory session "Leaving a Legacy: Treasure Beyond Measure," Monday, October 12, 1-2pm. Please call OASIS at (949) 644-3244 to RSVP.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS4225	10/13-11/17	Tu	10am-Noon	\$95/6 mtgs

CONTINUATION

With the basics in place, participants will continue to write their life stories and refine their writing with emphasis on the elements of style.

- Prerequisite: Writing Your Life Stories- Introduction.
- Group is limited to 10 participants.

Class #	Dates	Day	Time	Fee
SS4219	10/13-11/17	Tu	1-3pm	\$95/6 mtgs

Foreign Language

NEW! INTRODUCTION TO SIGN LANGUAGE

Instructor: Hillary Van Ness

lovetosignhillary@yahoo.com

You will learn the basics of sign language, grammar and vocabulary. Games will also be played in order to help retain vocabulary. Deaf culture will be interwoven throughout the class.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS4141	9/18-10/23	F	11am-Noon	\$60/6 mtgs

ADV. STUDIES IN FRENCH LITERATURE

Instructor: Danielle Wilson

949-675-5182

Class is conducted exclusively in French. Literature will include classic and modern novels, short stories and poems. Classroom activities center on spontaneous classroom and small-group discussions, reading aloud, dictations, and grammar review as needed. Reading selections will include short works by Flaubert, Maupassant and Colette.

LOCATION: OASIS ROOM 2B

Class #	Dates	Day	Time	Fee
SS3014	6/24-9/2	W	10am-Noon	\$60/11 mtgs
SS4017	9/9-12/16	W	10am-Noon	\$75/14 mtgs

No class 11/11

ADVANCED FRENCH READING & DISCUSSION

Instructor: Danielle Wilson

949-675-5182

Conducted exclusively in French, reading and discussion will be on a variety of topics. Spontaneous discussion will follow the reading of current news articles, short literary excerpts and poems. A maximum of 10 students will permit each person an opportunity to speak often, practicing and improving his or her fluency in French.

LOCATION: OASIS ROOM 2A

Class #	Dates	Day	Time	Fee
SS4013	9/10-12/17*	Th	10am-Noon	\$75/14 mtgs

*Class on 11/19 will meet offsite at a location TBD.

BEGINNING FRENCH FOR TRAVELERS

Instructor: Danielle Wilson

949-675-5182

Beginning French for Travelers offers some everyday expressions to be used while enjoying the rich culture, art, history and cuisine in France. This ten-week course is taught exclusively in French, a method which is efficient and practical, because so much vocabulary is common to French and English. The emphasis is on speaking French. Contact the instructor for more information.

- \$10 material fee due to instructor at first meeting.

LOCATION: OASIS ROOM 2B

Class #	Dates	Day	Time	Fee
SS4038	9/9-11/18	W	12:30-2pm	\$55/10 mtgs

No class 11/11

FRENCH- INTERMEDIATE

Instructor: Leo Vortouni

949-722-1153

Emphasis is on French conversation and reading.

LOCATION: OASIS ROOM 5

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	10am-Noon	FREE

GERMAN- ADVANCED

Instructor: Antonia Burleigh

Emphasis is on grammar, conversation and translation for the advanced student.

LOCATION: OASIS ROOM 4

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Th	10am-Noon	FREE

DISCOVERING LITERATURE IN SPANISH

Instructor: Dariela Wilson

949-675-5182

Take a journey the 2nd Monday of every month into literature in Spanish. Cruise down the continent, and meet Latino writers such as Julio Cortázar, Jorge Borges and Isabel Allende. Adventure into Spain by way of short stories, novels, poems and plays. Ask your guide, "What is magical realism?" "How is poetry different from prose?" Explore modern usage of the elements of fiction: plot, characters, setting, imagery and narrative. Beginning in January 2015: *Cien años de soledad* by Nobel-prize-winning author Gabriel Garcia Marquez.

LOCATION: OASIS ROOM 2A

Registration	Dates	Day	Time	Fee
SS4074	10/19*, 11/9 & 12/14	M	2:30-4:30pm	\$21/3 mtgs

*In October, the class will meet on the third Monday, the 19th.

SPANISH- BASIC

Instructor: Nida Fernandez, Ph.D.

nidit@att.net

Introduction to pronunciation, basic grammar including genders, articles, verbs, reading, structure of speech and basic conversation. Cost of materials to be announced.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS4136	10/5-11/23	M	3-4:30pm	\$30/8 mtgs

SPANISH- INTERMEDIATE

Instructor: Nida Fernandez, Ph.D.

nidit@att.net

Learn to engage in conversation, writing and reading by using different verb conjugations, enhance basic grammar, pronunciation, expressions of social and travel experiences and the Spanish-Latin American culture. Students must possess a basic understanding of Spanish. Textbook: (used or new): Barron's - 501 Spanish Verbs - 7th Edition

- Cost of materials to be announced.
- Students must possess a basic understanding of Spanish.

LOCATION: OASIS ROOM 5

Registration	Dates	Day	Time	Fee
SS4139	10/5- 11/23	M	1-2:30 pm	\$30/8 mtgs



- All computer classes are held in the OASIS Computer Center unless otherwise noted.
- OASIS computer classes are taught on OASIS PCs only (Windows software).
- Personal computers are not permitted.
- While not taught on Macs, many of the skills taught and applications such as Shutterfly photo books, eBay, Facebook, Google, and Picasa can be used on either the PC or Mac platform.

Computer Technology

NEW! IPHONE FOR BEGINNERS

Instructor: Carole Kamper

949-230-5902

The class is designed for new users of iPhones. Instruction will cover the basics of making and receiving calls, setting up voicemail, sending and receiving text messages and other general topics of use to beginning smartphone users. Please contact the instructor if you have any questions regarding the version of your iPhone for this class.

- Prerequisite: Computer Basics or equivalent.

Class #	Dates	Day	Time	Fee
SS4155	9/9	W	10-11:30am	\$25/1 mtg
SS4156	10/20	Tu	1:30-3pm	\$25/1 mtg
SS4157	11/10	Tu	4:30-6pm	\$25/1 mtg

NEW! IPHONE TIPS & SECRETS - PART 1 ESSENTIALS

Instructor: Jake Jacobs

jakeair99@gmail.com

Learn how to get the most out of your iPhone and learn things you didn't know your iPhone could do. If you know the basics, this workshop is for you! Each participant will have available a handout of material covered. Part 1 covers basic controls, Control Center, keyboard and editing, Phone basics, Contacts, Calendar, Siri, texting and email, Safari, some built-in apps, the Camera and Photos.

- To avoid paying a \$10 material fee of the first day of class, print a copy of the workbook online at jakeair.weebly.com.
- Minimum requirements: iPhone 4s or newer, iOS7 or iOS8

LOCATION: OASIS ROOM 1

Class #	Dates	Day	Time	Fee
SS4160	9/10-9/24	Th	1-3pm	\$25/3 mtgs

NEW! IPHONE TIPS & SECRETS - PART 2 BEYOND ESSENTIALS

Instructor: Jake Jacobs

jakeair99@gmail.com

Learn how to get the most out of your iPhone and learn things you didn't know your iPhone could do. If you know the essentials, this workshop is for you! Each participant will have available a handout of material covered. Part 2 covers advanced features in the Phone and Contacts. It also covers Music, advanced email, iBooks, built-in apps, advanced Siri and many additional tips. It is recommended that you have taken part 1, but it is not absolutely necessary.

- To avoid paying a \$10 material fee of the first day of class, print a copy of the workbook online at jakeair.weebly.com.
- Minimum requirements: iPhone 4s or newer, iOS7 or iOS8

LOCATION: OASIS ROOM 1

Class #	Dates	Day	Time	Fee
SS4164	10/15-10/29	Th	1-3pm	\$25/3 mtgs

COMPUTER BASICS

Instructor: Carole Kamper

949-230-5902

This class is designed as an introduction to computers. You do not need to own a computer to attend. This class will help you understand the difference between hardware and software and what components and options are available when purchasing a new computer. Emphasis will be on hands-on use of the mouse and getting comfortable with the keyboard. You will learn the anatomy of a "window" and the many features common to computer programs.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
SS4050	9/8-9/29	Tu	10-11am	\$60/4 mtgs
SS4051	10/19-11/9	M	10-11am	\$60/4 mtgs

COMPUTER FRIENDS

Leader: Harold Katz

949-274-2509

This networking group meets on the 2nd Wednesday of the month. Speaker: Nadya Lotova

Title: **3D Printers**

The speaker for the Computer Friends meeting on August 12, Nadya Lotova, is the Branch Manager of the Costa Mesa Technology Library, OC Public Libraries. She will speak on the use of 3D printers and will bring a 3D printer from the library to the meeting and demonstrate the "printing" of an object during the meeting. For additional information, consult our web page. Go to friendssofoasis.org and click on Computer Friends.

LOCATION: OASIS ROOM1

Registration	Dates	Day	Time	Fee
Not Required	9/9	W	1-3pm	FREE

COMPUTER SKILLS

Instructor: Carole Kamper

949-230-5902

This class is for participants who have had some prior experience with computers. You do not need to own a computer to attend. It will familiarize you with the desktop, the control panel, folders and files. Emphasis will be on the use of the accessories programs included in Microsoft Windows. The steps in creating, saving and retrieving files will be taught using Paint and WordPad.

- Prerequisite: Computer Basics or equivalent.
- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
SS4053	9/8-9/29	Tu	11:15am-12:15pm	\$60/4 mtgs
SS4054	10/19-11/9	M	11:15am-12:15pm	\$60/4 mtgs

**NEW! COMPUTER SKILLS - INTERMEDIATE/ADVANCED**

Instructor: Carole Kamper

949-230-5902

This class is designed for students who have taken some computer classes and/or are self-taught and have computer skills. The class is designed to take those skills to the next level by applying them to practical uses. We will explore Word Processing Skills such as using templates to make greeting cards, flyers and newsletters. The fun presentation program, PowerPoint will also be taught as a way to apply these newly acquired skills. Google features such as translation, calendar and advanced searches will also be covered.

- Prerequisite: Computer Skills, Basic Word Processing Skills or equivalent.

Class #	Dates	Day	Time	Fee
SS4056	11/10-12/8	Tu	10:30-11:30am	\$60/4 mtgs
No class 11/24				

DIGITAL PHOTO EDITING

Instructor: Barbara Yin Milbert

Learn to download your pictures from your camera or smart phone to your computer. Organize your pictures into folders. Learn to edit your digital photos using Picasa photo editing program.

- Prerequisite: Computer Basics or equivalent.

Class #	Dates	Day	Time	Fee
SS4070	10/29-11/19	Th	9:45-10:45am	\$60/4 mtgs

EBAY 1

Instructor: Barbara Yin Milbert

Learn to buy and sell items on eBay.

- Pre-requisite: basic computer skills and familiarity with the internet.

Class #	Dates	Day	Time	Fee
SS4084	9/16	W	1-3pm	\$30/1 mtg
SS4085	11/18	W	1-3pm	\$30/1 mtg

INTRO TO FACEBOOK

Instructor: Barbara Yin Milbert

In this introductory class, you will learn about Facebook and the pros and cons of joining this popular social network. You will also learn how to set up an account and select your security and privacy settings.

- Prerequisite: Computer Basics and Skills or equivalent

Class #	Dates	Day	Time	Fee
SS4133	11/12-11/19	Th	11am-Noon	\$30/2 mtgs

EBAY 2

Instructor: Barbara Yin Milbert

Learn more advanced skills for buying and selling items on eBay.

- Prerequisite: eBay 1 or equivalent and basic computer skills.

Class #	Dates	Day	Time	Fee
SS4088	10/29-11/5	Th	11am-Noon	\$30/2 mtgs

Classes & Activities

INTRO TO EXCEL

Instructor: Barbara Yin Milbert

Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet.

- Prerequisite: Computer Basics and Skills or equivalent.

Class #	Dates	Day	Time	Fee
SS4129	9/10-10/1	Th	11am-Noon	\$60/4 mtgs

INTRO TO WORD

Instructor: Barbara Yin Milbert

Learn to open and save a new document, cut, copy, and paste, use spell check, change font, text size, style and color, organize your files, insert pictures, and more!

- Prerequisite: Computer Basics or equivalent.

Class #	Dates	Day	Time	Fee
SS4145	9/10-10/1	Th	9:45-10:45am	\$60/4 mtgs

NEW! IPAD BASICS

Instructor: Carole Kamper

949-230-5902

This class will help you learn the basics of your Apple iPad. We will cover using an iPad as a reader, accessing the internet, doing email, and watching videos/movies. We will also explore taking photos and storing them as well as using the calendar.

Class #	Dates	Day	Time	Fee
SS4230	10/5	M	10:30am-Noon	\$25/1 mtg
SS4232	11/18	W	10:30am-Noon	\$25/1 mtg

NEW! SENDING MASS EMAILS

Instructor: Carole Kamper

949-230-5902

Using the free online program "MadMimi" you will be able to send personally designed emails, including graphics, company, organization or school logo to 100's of email recipients on your uploaded list. The program is easy, fun and could be just what you need to help get your information or promotions out to large audiences.

Class #	Dates	Day	Time	Fee
SS4167	9/29	Tu	1:30-3pm	\$25/1 mtg
SS4168	11/16	M	5-7pm	\$25/1 mtg



SHUTTERFLY PHOTO ALBUM

Instructor: Carole Kamper

949-230-5902

Learn how to make a printable photo album using the website Shutterfly.

- Prerequisite: Basic computer skills with some knowledge of the internet.

Class #	Dates	Day	Time	Fee
SS4178	9/28	M	10:30am-12:30pm	\$30/1 mtg
SS4179	10/27	Tu	5-7pm	\$30/1 mtg
SS4180	11/12	Th	1:45-3:45pm	\$30/1 mtg

Fine Arts

All art classes are held in the OASIS Art Center unless otherwise noted.

BEADING

Instructor: Tania Addington

tskga@hotmail.com

This class is for anyone with an interest in beading with small beads and detail patterns, and those who need to refresh their basic beading stitch understanding. Students new to beading will learn about supplies, findings, tools, beads, and will work on simple projects using basic beading stitches. More experienced students will build their knowledge, learn color combination and balance, and create projects in off-loom stitches: Peyote, Brick, Netting, Right Angle Weave, Square, Herringbone, and Chevron stitch. We will make rings, bracelets, earrings, and necklaces.

- Materials list will print out on registration receipt.
- \$5 material fee payable to instructor on the first day of class.

LOCATION: OASIS ROOM 4

Class #	Dates	Day	Time	Fee
SS4026	9/8-10/13	Tu	12:30-2:30pm	\$40/6 mtgs
SS4027	10/27-12/1	Tu	12:30-2:30pm	\$40/6 mtgs

No class 10/20, 12/8-12/31

BEAD STRINGING & RE-STRINGING

Instructor: Tania Addington

tskga@hotmail.com

This course is designed for beginning beaders and all levels of stringing beads. Also for re-stringing older jewelry. Students will be instructed in the rules of stringing, how to finish projects, and use color and balance in stringing, make bracelets, necklaces and earrings. Students are encouraged to use their own style and choice of beads. One session will be for instruction in knotting between pearls and another for using wire loops to make earrings.

- Materials list will print out on registration receipt.
- \$5 material fee payable to instructor on the first day of class.

LOCATION: OASIS ROOM 4

Class #	Dates	Day	Time	Fee
SS4021	9/8-10/13	Tu	9:30-11:30am	\$40/6 mtgs
SS4022	10/27-12/1	Tu	9:30-11:30am	\$40/6 mtgs

No class 10/20, 12/8-12/31

BEADING & BEAD STRINGING - SINGLE REPAIR DROP IN

Instructor: Tania Addington

tskga@hotmail.com

This is not one-on-one instruction, rather, the instructor will offer helpful instructions during regular classes as time permits to drop-in students looking to repair a single item. See "Beading" and "Bead Stringing" listings for available class dates, days and times. Limit one drop in student per class meeting.

LOCATION: OASIS ROOM 4

DROP IN (NO REFUNDS)

DRP400

\$15/1 mtg

CHINESE BRUSH PAINTING

Instructor: Diana Wong

dianawong2001@yahoo.com

Explore the art of Chinese brush painting through the use of brush, rice paper, ink, and colors, while expressing the inner spirit of the subject or the feeling of the artist. Learn to paint flowers, birds, animals, and insects.

- Materials list will print out on registration receipt.
- \$10 material fee payable to instructor for class SS4535.
- \$5 material fee for classes SS4536 and SS4537.

Class #	Dates	Day	Time	Fee
SS4535	9/29-12/1	Tu	9:30-11:30am	\$162/10 mtgs
SS4536	9/29-10/27	Tu	9:30-11:30am	\$83/5 mtgs
SS4537	11/3-12/1	Tu	9:30-11:30am	\$83/5 mtgs

CERAMICS

Instructor: Karen Thayer

karenthayer@yahoo.com

Learn how to create ceramic objects using hand-building techniques and the potter's wheel. Beginning students will learn the basics of slabbing, coiling, pinching and glazing clay. Returning and advanced students will refine their skills with the endless possibilities that this simple material offers. If you have your own tools, please bring them. No tools are required at the first class. Instructor will provide basic tools and also have specialty tools available for purchase.

- An \$18 material fee is payable to instructor.

Class #	Dates	Day	Time	Fee
SS4042	9/9-10/28	W	9am-Noon	\$120/8 mtgs
SS4043	9/9-12/2	W	9am-Noon	\$180/12 mtgs

No class 11/11

ILLUSTRATION WORKSHOP

Instructor: Raymond Otis

Techniques learned in this class can be used for travel logs, poetry books, children's stories and journals. Topics include: illustration techniques, montages, collages & assemblages. Students will explore many theories of colors, rendering techniques, and studies in composition. Class will also include exploration of various avenues for desktop publishing, online publishing and/or Powerpoint presentations. Class is for beginning and intermediate students. Visit Raymond's artist gallery at www.raymondgotis.com.

- Materials list will print out on registration receipt.

Class #	Dates	Day	Time	Fee
SS4148	10/1-10/15	Th	3:00-5:30pm	\$75/3 mtgs

FREEHAND DRAWING- BEG/ADV

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

Join Nancy in this fun drawing class; she will lead you every step of the way! Beginner to advanced, working in graphite pencil, pen & ink and charcoal. Learn tips to capture and sketch the world around you, keep an artist's journal and awaken to really "seeing". This type of "seeing" creates beautiful drawings and a new awareness of your surroundings. Visit www.NancysArtWorld.com for photos of classes.

- Materials list will print out on registration receipt.
- \$5 reference fee payable to instructor on the first day of class.

LOCATION: OASIS ROOM 5 (SUMMER) AND ROOM 2A (FALL)

Class #	Dates	Day	Time	Fee
SS4096	9/2-10/14	W	9-11am	\$126/7 mtgs
SS4097	10/28-12/16	W	9-11am	\$126/7 mtgs

No class 11/11

INSTRUCTOR ASSISTED WORKSHOP- BEG/ADV

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

This workshop is open to all mediums including sculpting, acrylic, watercolor, pastel, colored pencil and drawing and computer generated art. Nancy Wahamaki is a professional artist and teacher who will help you "push" your style and give you encouragement to take you to the next step as you work on your own individual project. See www.nancysartworld.com for photos of various classes.

- Please bring a project you are currently working on and any supplies you may need.

Class #	Dates	Day	Time	Fee
SS4149	9/14-10/26	M	9am-Noon	\$126/7 mtgs
SS4150	11/9-12/14	M	9am-Noon	\$108/6 mtgs

KNITTING & NEEDLEWORK GROUP

Leader: Golda

949-673-7553

This group of experienced needle-workers meets weekly to work on individual projects.

LOCATION: OASIS ROOM 3

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	W	Noon-2pm	FREE

OIL PAINTING ON CANVAS - BEG /INT

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

Join a fun oil painting class! No worries! Nancy, a professional artist, will lead you every step of the way. Develop or enhance your basic painting skills, learn some new techniques in the wonderful medium of oil painting, and know that Nancy will "see" your individual style and help you to push that. This is a light, fun class but also a class where students continue to return and reach high levels of painting. See www.NancysArtWorld.com for photos of classes.

- Materials list will print out on registration receipt. Please bring your materials to the first class.
- \$10 reference fee payable to instructor.
- Only Res-n-gel Medium and Gamblin Gamsol Odorless Mineral Spirits are allowed in this class to keep the toxicity level down.

Class #	Dates	Day	Time	Fee
SS4170	9/14-10/26	M	1-4pm	\$154/7 mtgs
SS4171	11/9-12/14	M	1-4pm	\$132/6 mtgs

OPEN ART WORKSHOP

For students of any medium, this is the perfect time to catch up on class projects.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	F	9am-4pm	FREE

WATERCOLOR-BEGINNING

Instructor: Theresa Fernald

tfernald@saddleback.edu

Learn creative, expressive and colorful watercolor techniques. Develop a foundation for great watercolor composition and drawing while exploring color, brushwork and design based on art history and design theories.

- Materials list will print out on registration receipt.
- \$5 reference fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
SS4201	9/8-10/13	Tu	1-4pm	\$70/6 mtgs
SS4202	10/27-12/1	Tu	1-4pm	\$70/6 mtgs

Art classes continue on page 24

SEPTEMBER 2015

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8-9	\$ Physical Training (pg. 11)	EC
8:30-9:30	\$ FallProof (pg.9)	1A
9-12	\$ Instructor Assisted Workshop (pg. 21)	Art
9-10	\$ Zumba Gold (pg. 13)	Dance
9:30-10:30	\$ Chair Exercise (pg. 9)	EC
9:30-11:30	\$ Intermediate Bridge (pg. 24)	3
10-11:15	\$ Iyengar Yoga (pg. 13)	1
10-12	\$ Shutterfly (pg. 20)	CC
10-12	\$ iPad Basics (pg. 20)	CC
10-12	French - Intermediate (pg. 17)	5
11-12	Hula (pg. 15)	Dance
11-12:30	^ Functional Fitness (pg. 10)	2
12:30-3:00	\$ Pickleball (pg. 13-14)	NCCC
12:30-3:30	Mah Jongg (pg. 25)	3
1-2:30	\$ Spanish - Intermediate (pg. 18)	5
1-3	Ukulele Strummers & Singers (pg. 15)	EC
1-4	\$ Oil Painting (pg. 21)	Art
1:30-4	Scrabble (pg. 25)	3
2-3	\$ The Feldenkrais Method® (pg. 9)	Dance
2-6	\$ AARP Driver Safety (pg. 16)	2B
2:30-4:30	Discovering Literature in Spanish (pg. 18)	2A
3-4:30	\$ Spanish- Basic (pg. 18)	5
5-6:30	\$ Yoga Blend (pg. 12)	Dance
5-7	Current Events Discussion (pg. 15)	Library
6-8pm	\$ How the Stock Market Works (pg. 5)	1

ROOM KEY

Admin	Administration Office
Art	Art Center
CC	Computer Center
Dance	Dance Room
EC	Evelyn Hart Event Center
NBCL	Newport Beach Central Library (1000 Avocado Ave)
NCCC	Newport Coast Community Center (6401 San Joaquin Hill Rd)
PL	Parking lot @ 5th & Marguerite

8-9	\$ Strength Training (pg. 12)	EC
8:45-9:45	\$ Pilates - Beginning (pg. 11)	Dance
9-11	Blood Pressure (pg. 27)	Library
9:30-10:30	Longevity Stick (pg. 11)	GH
9:30-11:30	\$ Bead Stringing & Re-Stringing (pg. 20)	4
9:30-11:30	\$ Chinese Brush Painting (pg. 21)	Art
9:30-11:30	\$ Beginning Bridge (pg. 24)	3
10-11	\$ Computer Basics (pg. 19)	CC
10-11:30	Ukulele Workout (pg. 15)	EC-A
10-12	\$ Writing Your Life Stories- Intro (pg. 17)	5
10-2	Duplicate Bridge (pg. 25)	2
10-2	Party Bridge (pg. 25)	1
10:30-11:30	\$ Computer Skills Int/Adv (pg. 19)	CC
11:15-12:15	\$ Computer Skills (pg. 19)	CC
11:30-1:30	\$ Adventures in Pastel (pg. 20)	5
11:30-12:30	\$ Ballet II (pg. 14)	Dance
12:30-2:30	\$ Beading (pg. 20)	4
12:30-2:30	\$ Int. Supervised Play (Bridge) (pg. 24)	3
12:30-2	Iphone for Beginners (pg. 18)	CC
12:40-1:40	\$ Jazz Dancing (pg. 15)	Dance
1-3	\$ Writing Your Life Stories- Cont (pg. 17)	5
1-4	Shanghai (pg. 25)	Library
1-4	\$ Watercolor- Beginning (pg. 21)	Art
1:30-3	\$ Sending Mass Emails (pg. 20)	CC
2-4	\$ Cooking (pg. 16)	EC-C
2-5	Ping Pong (pg. 25)	EC
2:15-6	\$ ACBL Duplicate Bridge (pg. 25)	2
2:30-3pm	\$ Intro to the MELT Method (pg. 11)	Dance
3-4pm	\$ MELT Method (pg. 11)	Dance
5-8pm	\$ Water Mixable Oil Painting (pg. 24)	Art
5-6pm	\$ Zumba Gold (pg. 13)	Dance
6pm	Tuesday Topics Lecture (pg. 8)	EC-A

8-9	\$ Physical Training (pg. 11)	EC
9-10	\$ Zumba Gold (pg. 13)	Dance
9-10	\$ Fitness the Total Package (pg. 10)	5
9-11	\$ Freehand Drawing (pg. 21)	2A
9-12	\$ Ceramics (pg. 21)	Art
9-12	\$ Watercolor- Intermediate (pg. 24)	4
9:30-11	Book Discussion Group (pg. 15)	NBCL
9:30-10:30	\$ Chair Exercise (pg. 9)	EC
9:30-11:30	\$ Intermediate Bridge (pg. 24)	3
10-11:30	Alzheimer's Caregiver Support (pg. 26)	1B
10-11:30	\$ Iphone for Beginners (pg. 18)	CC
10:15-11	\$ Intro to Broadway Dance (pg. 14)	Dance
10-12	\$ Adv. Studies in French Lit. (pg. 17)	2B
10:30-12	Informal Book Group (pg. 17)	1A
11:00	Trail Trekkies (pg. 12)	PL
11:30-12:30	Group Drumming (pg. 6)	EC-A
12-2	Knitting & Needlework (pg. 21)	3
12:30-2	Beginning French for Travelers (pg. 17)	2B
12:30-1:30	\$ Moving Meditation (pg. 24)	Dance
1:00	Travel Presentation (pg. 28)	1
1-2	HOAG Medical Lecture (pg. 6)	1
1-3	Computer Friends (pg. 19)	1
1-3	Writing Roundtable Group (pg. 17)	5
1-3	eBay 1 (pg. 19)	CC
1-4	\$ Watercolor & Mixed Media (pg. 24)	Art
1:30-3:30	Sailing Club Mtg. (pg. 12)	1
2-3	Audiology and You (pg. 7)	1
2-3:15	\$ Yoga Blend - Gentle (pg. 12)	Dance
2-3:30	Big Band Era & Beyond (pg. 4)	EC-A
2-6	\$ AARP Driver Safety (pg. 16)	2B
3-5	Grandparents Support (pg. 26)	2B
3:30-5	\$ Yoga Blend (pg. 12)	Dance
3:30-5	Women's Wisdom (pg. 17)	3
4-5pm	\$ Pelvic Floor Healthy & Strong (pg. 10)	5
4-5pm	\$ Strong & Healthy Bones (pg. 10)	5
5:30-6:30pm	\$ Pilates - Beginning (pg. 11)	Dance
6-8pm	\$ Cont. Beginning Bridge (pg. 24)	3
7-8pm	Let's go Trippin (pg. 16)	EC

7:30-8:30	\$ Pilates - Beginning (pg. 11)	Dance
8-9	\$ Strength Training (pg. 12)	EC
8-11:30	Wood Carving Workshop (pg. 24)	Art
9-10	\$ Zumba Gold (pg. 13)	Dance
9:30-10:30	\$ Tai Chi (pg. 12)	EC
9:30-11:30	\$ Beginning Bridge (pg. 25)	3
9:30-11:30	\$ Adv. Beginning Bridge 2 (pg. 24)	3
9:45-10:45	\$ Digital Photo Editing (pg. 19)	CC
9:45-10:45	\$ Intro to Word (pg. 20)	CC
10:00	Basic Estate Planning (pg. 6)	1
10-11:15	\$ Iyengar Yoga (pg. 13)	1
10-12	\$ Adv. French Reading (pg. 17)	2A
10-12	German (pg. 18)	4
10:30-11:30	\$ Pilates - Beg./Int. (pg. 11)	Dance
11-12	\$ eBay 2 (pg. 20)	CC
11-12	\$ Intro to Excel (pg. 20)	CC
1-3	\$ iPhone Tips & Secrets-Part 1 (pg. 18)	1
1-3	\$ Iphone Tips & Secrets Part 2 (pg. 18)	1
1-1:55	\$ Line Dancing - Level 1 (pg. 15)	Dance
1-3	\$ Foreign Affairs Discussion (pg. 16)	2B
1-3	OASIS Sing Along (pg. 15)	EC-A
2-2:55	\$ Line Dancing - Level 2 (pg. 15)	Dance
2-5	Ping Pong (pg. 25)	EC-C
3-4	\$ Line Dancing - Level 3 (pg. 15)	Dance
3-5	Financial Forum (pg. 16)	4
3-5:30	\$ Illustration Workshop (pg. 21)	Art
5-6pm	\$ Zumba Gold (pg. 13)	Dance
6-7pm	Good Grief Cafe (pg. 26)	5

IMPORTANT PHONE NUMBERS

Administration: (949) 644-3244
Friends of OASIS: (949) 718-1800
Fitness Center: (949) 718-1818
OASIS Travel: (949) 718-1810
Meals: (949) 718-1820

8-9	\$ Physical Training (pg. 11)	EC
8:30-9:30	\$ FallProof (pg. 9)	1A
9-10	\$ Zumba Gold-Toning (pg. 13)	Dance
9-4	Open Art Workshop (pg. 21)	Art
9-2	\$ Membership Monthly (pg. 2)	EC
	Get Together	
9:15-10:15	\$ Buff Bones Chair Class (pg. 9)	5
9:30-11:30	\$ Adv. Beginning Bridge 1 (pg. 24)	3
10-11:30	Low Vision Support Group (pg. 26)	4
10-2	Duplicate Bridge (pg. 25)	2
10:15-11	\$ Barre Stretch and Strength (pg. 9)	Dance
9-10	Newly Diagnosed Parkinson's Support Group (pg. 26)	1B
10:30-12	Parkinson's Support Group (pg. 26)	1B
11-12	\$ Intro to Sign Language (pg. 17)	5
11:15-12	\$ Zumba Gold Chair (pg. 13)	1A
12:30-3	Texas Hold-em (pg. 26)	1B
12:30-3:00	\$ Pickleball (pg. 13)	NCCC
12:30-3:30	Mah Jongg (pg. 25)	3
1-3	Sing & Pick Hootenanny Group (pg. 15)	5
1-4	Mexican Train (pg. 25)	Library
2-3:30	\$ Yoga Blend (pg. 12)	Dance

SATURDAY ACTIVITIES

Pancake Breakfast- (pg. 28)
9-11 am, Event Center
Garden Club Meeting - (pg. 16)
9-11 am, Bayshores Beach
\$ Dance Workshop - (pg. 15)
11-12:30pm, Dance
Eagles Tribute Band - (pg. 5)
5pm, Courtyard

SUNDAY ACTIVITIES

Duplicate Bridge (pg. 25)
11:40-3:45pm, Room 2
Party Bridge (pg. 25)
1-3:30pm, Room 3



WATERCOLOR-INTERMEDIATE

Instructor: Chris Sullivan

chrissullivanart@gmail.com

This fun and comprehensive class concentrates on developing traditional and experimental skills and techniques in transparent watercolor painting as well as designing more interesting and effective compositions. Landscapes, seascapes, people, still life and other subjects may be explored using photographs or studio set-ups. Demonstrations, individual assistance and group critiques all included.

- Materials list will print out on registration receipt.

LOCATION: OASIS ROOM 4

Class #	Dates	Day	Time	Fee
SS4207	10/7-11/25	W	9am-Noon	\$114/6 mtgs
No class 10/21, 11/11				

WATERCOLOR & MIXED MEDIA

Instructor: Chris Sullivan

chrissullivanart@gmail.com

This exciting and stimulating experimental watercolor and mixed media painting class will introduce you to new and creative approaches to painting. You will learn how to successfully combine a variety of materials with transparent watercolor and turn them into expressive works of art. Open to all painting levels. Beginners must have good watercolor painting skills

- Materials list will print out on registration receipt.

Class #	Dates	Day	Time	Fee
SS4213	10/7-11/25	W	1-4pm	\$114/6 mtgs
No class 10/21, 11/11				

WATER MIXABLE OIL PAINTING

Instructor: Theresa Fernald

tfernald@saddleback.edu

Learn to paint luminous, glowing, expressive water-mixable oils. Clean your brushes with water and soap; no need for toxic solvents. This class will give you a strong foundation in color mixing and composition. You will develop expressive brushwork and paint approaches.

- Materials list will print out on registration receipt.
- \$5 reference fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
SS4191	9/8-10/13	Tu	5-8pm	\$70/6 mtgs
SS4192	10/27-12/1	Tu	5-8pm	\$70/6 mtgs

WOOD CARVING WORKSHOP

This group works on individual projects and welcomes new members. Come any Thursday and see Junie Allen to sign up or to find out more about the class. Instructors are in the class to assist members. Group members are asked to contribute \$10 every three months for class tool and machine maintenance.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Th	8am-11:30am	See above

Cards & Games

CONTINUING BEGINNING BRIDGE - EVENING SESSION

Instructor: Rose Reynolds

pareynolds@aol.com

Experience the joy of learning bridge! The class will focus on preemptive opening bids, competitive overcalls and advances, takeout doubles, popular bidding conventions, and play of the hand.

- \$10 material fee due to instructor at first class meeting.

LOCATION: OASIS ROOM 3

Class #	Dates	Day	Time	Fee
SS4035	9/16-11/4	W	6-8pm	\$90/6mtgs

BEGINNING BRIDGE

Instructor: Ann Cressman, Gold Life Master anncressman@gmail.com

949-495-4564

Join us to learn the exciting and stimulating game of bridge. This class is for new players & those who want to brush up on their skills.

LOCATION: OASIS ROOM 3

Class #	Dates	Day	Time	Fee
SS4031	10/6-11/17	Tu	9:30-11:30am	\$125/7 mtgs

ADVANCED BEGINNING BRIDGE 1

Instructor: Ann Cressman, Gold Life Master anncressman@gmail.com

949-495-4564

Lessons will consist of handouts, play of pre-arranged hands and analysis.

LOCATION: OASIS ROOM 3

Class #	Dates	Day	Time	Fee
SS4001	10/9-11/20	F	9:30-11:30am	\$125/7 mtgs

ADVANCED BEGINNING BRIDGE 2

Instructor: Ann Cressman, Gold Life Master anncressman@gmail.com

949-495-4564

Lessons will consist of handouts, play of pre-arranged hands and analysis. Prerequisite: Advanced Beginning Bridge 1.

LOCATION: OASIS ROOM 3

Class #	Dates	Day	Time	Fee
SS4007	10/8-11/19	Th	9:30-11:30am	\$125/7 mtgs

INTERMEDIATE SUPERVISED PLAY (BRIDGE)

Instructor: Ann Cressman, Gold Life Master anncressman@gmail.com

949-495-4564

Improve your play through supervised instruction and analysis of hands. Prerequisite: Advanced Beginning Bridge 1 and 2.

LOCATION: OASIS ROOM 3

Class #	Dates	Day	Time	Fee
SS4118	10/6-11/17	Tu	12:30-2:30pm	\$125/7 mtgs

INTERMEDIATE BRIDGE

Instructor: Hal Binder halbinder@cox.net
Intermediate duplicate bridge lessons and play of the hand.

LOCATION: OASIS ROOM 3

Class #	Dates	Day	Time	Fee
SS4111	9/14-10/12	M	9:30-11:30am	\$90/5 mtgs
SS4112	9/16-10/14	W	9:30-11:30am	\$90/5 mtgs
SS4113	10/19-11/23	M	9:30-11:30am	\$90/5 mtgs
SS4114	10/21-11/25	W	9:30-11:30am	\$90/5 mtgs
No class 11/9, 11/11				

ACBL DUPLICATE BRIDGE

ACBL Teacher and Director: Gail Schneider 949-472-8010 516-314-1896
This is an ACBL sanctioned game. All levels are welcome. 0-20 Novice with help in bidding as a separate section. A partner is not required. Reservations are not necessary.

*Free lessons for beginning and intermediate players at 2:15pm.

*Game starts at 3:00pm.

LOCATION: OASIS ROOM 2

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	*2:15-6pm	\$10/1 mtg

DUPLICATE BRIDGE- TUESDAY & FRIDAY

Leaders: Terry and Gene Casavant zeintje1@gmail.com 949-854-8138

Bring your own partner to play. Reservations are required. Please contact Terry and Gene at zeintje1@gmail.com or 949-854-8138.

LOCATION: OASIS ROOM 2

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu/F	10am-2pm	\$1

DUPLICATE BRIDGE- SUNDAY

Leaders: Anita Easton 949-675-1387
Joy & Gene Johnston J.G.Johnston@sbcglobal.net

Reservations are required by Saturday. Please bring your own partner to play.

LOCATION: OASIS ROOM 2

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Su	11:40-3:45pm	\$1

PARTY BRIDGE - SUNDAY

Leader: Terry Sweeney 208-920-9085

Calling all Chicago-style bridge players. Come play, practice and meet new people. No partner needed. Check in 10 minutes prior, and invite your friends!

LOCATION: OASIS ROOM 3

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Su	1-3:30pm	Free

PARTY BRIDGE

You do not need a partner to participate. Players must be able to keep their own score.

LOCATION: OASIS ROOM 1

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	10am-2pm	\$1

CHESS

Chess sets are available in the library. Bring your own partner.

LOCATION: OASIS LIBRARY/GAME ROOM

MAH JONGG

Leader: Nathalie Goldstein

LOCATION: OASIS ROOM 3

Experienced players meet to play.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M/F	12:30pm-3:30pm	FREE

MEXICAN TRAIN

Leader: Guy Richards 949-640-7809

This is a new, fun-packed game played with dominos. No cards to shuffle. Beginners please come at 1:00 on Fridays to learn how to play.

LOCATION: OASIS LIBRARY/GAME ROOM

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	F	1pm-4pm	FREE

PING PONG

New players are always welcome.

LOCATION: OASIS EVENT CENTER

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu/Th	2-5pm	FREE

SCRABBLE

Game boards, tiles and official Scrabble dictionary provided. All levels welcome.

LOCATION: ROOM 3

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	1:30-4pm	FREE

SHANGHAI/ MAY I

If you know how to play rummy, you'll pick up this game in no time!

LOCATION: OASIS LIBRARY/GAME ROOM

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	1-4pm	FREE

TEXAS HOLD 'EM -- ADVANCED

Instructor: Len Edwards

LOCATION: OASIS ROOM 1B

New players welcome must know the basics of poker. Meets on the 1st & 3rd Friday every month. Play for chips only.

Registration	Dates	Day	Time	Fee
Not Required	9/4 & 9/10	F	12:30-3pm	FREE

BASIC STEPS TO PROTECT YOURSELF

1. Request a copy of your free credit report. Call 1-877-322-8228 or visit www.annualcreditreport.com
2. Remove your name from direct mail lists. Log on to www.dmachoice.org or mail a request to DMA Mail Preference Service, P.O. Box 643, Carmel, NY 10512
3. Remove your name from telemarketing lists. From the phone you are registering, call 1-888-382-1222 or visit www.donotcall.gov
4. Remove the name of deceased individuals from mailing lists. Sign up at: www.ims-dm.com/cgi/ddnc.php
5. Opt out of pre-approved credit offers. Log on to: www.optoutprescreen.com or call 1-888-5 OPT OUT.
6. Remove your email address from internet or email ads. Log on to: www.dmachoice.org
7. If using social networking sites, such as Facebook, read the privacy policy and avoid posting private information.

DISCOVER BUCK GULLY

Did you know that Irvine Ranch Conservancy provides FREE docent guided hikes of Buck Gully?

Register for the hikes below at www.letsgooutside.org

Buck Gully Loop Hike

Come and explore the entire Buck Gully Reserve trail system. Beginning from the OASIS Senior Center, we'll hike up through the almost three mile length of the canyon, then along San Joaquin Hills Road for about a mile, stopping at Canyon Watch Park where we will take in the panoramic view of the reserve and the Pacific coastline before descending back into the canyon along the Bobcat Trail. Bring water, a light trail snack, sturdy closed-toe shoes, sunscreen and hat.

NEWPORT COAST COMMUNITY CENTER PARKING LOT

9/5 Sa 8-11am

SUPPORT GROUPS

Alzheimer's Caregiver Support Group

Facilitator: Vic Mazmanian

949-310-6682

This group meets on the first Wednesday of the month. Meetings are open to caregivers, family members and friends caring for a loved one with Alzheimer's or dementia. You are not alone; find how sharing your ideas, feelings and concerns can help you care for yourself and your loved one. This group is affiliated with the Orange County Alzheimer's Association.

Location: OASIS Room 1B

Wed 10-11:30am 9/2 Free

Grandparents Support Group

Leader Susan Hoffman

949-640-0399

Group meets the 2nd Wednesday of the month. Meet with grandparents who have visitation issues with their grandchildren. Visit www.grandparentchildconnect.org for more information.

Location: OASIS Room 2B

Wed 3-5pm 9/9 Free

Good Grief Café

Come and join us for coffee or tea, and share in easy and comforting conversation about the loss of your loved one. Please call 888-368-6869 for RSVP or inquiries. The group meets the second Thursday of the month.

Location: OASIS Room 5

Th 6-7pm 9/10 Free

Low Vision Support Group

Facilitator: Charlotte Stradtman 949-552-7637 and Polly Smith 949-723-1603

This group meets on the 3rd Friday of the month. It is for people experiencing difficulty in daily living due to sight loss. The content of the discussion will be based on participants' needs, which may cover a variety of topics such as getting around town, low vision devices, family awareness and staying connected.

Location: OASIS Room 4

F 10-11:30am 9/18 Free

MS Support Group

This self-help group for people with Multiple Sclerosis (MS) is sponsored by the National MS Society. It is for those with minimal symptoms or newly diagnosed. The group meets every month for one and a half hours. If you are interested and think this group may be appropriate for you, please call Sherri for further details (714) 846-2064.

PARKINSON'S SUPPORT GROUPS

Parkinson's Resource Organization (PRO)

Group meets on the 2nd Thursday of the month. Either an educational meeting or a support group for caregivers only is offered on alternate months. For more information call 877-775-4111.

Location: OASIS Room 4

Th 7-9pm 9/10 Free

Parkinson's Newly Diagnosed Support Group

Leaders: David A. Bunch 949-933-3198

This group meets on the 2nd & 4th Friday of each month and is for newly diagnosed people with Parkinson's Disease and Partners. It is a safe environment to ask questions, get informed.

Location: OASIS Room 1B

F 9-10am 9/11 & 9/25 Free

Parkinson's Support Group

Leaders: Ron Addison 949-644-8787 and David A. Bunch 949-933-3198

This group meets on the 2nd & 4th Friday of each month and is for people with Parkinson's. Meet with your cohorts without feeling intimidated and be able to freely ask questions of your peers.

Location: OASIS Room 1B

F 10:30-Noon 9/11 & 9/25 Free

ASSISTANCE PROGRAMS

Senior Assessment Program

OASIS staff assists seniors by suggesting and coordinating services allowing them to stay in their homes and live independently. An assessment of the individual senior and their current living situation is conducted and then a variety of outside agencies as well as OASIS programs are suggested.

Information & Referral

Referrals to a vast assortment of information regarding senior services such as home health care, housing options, adult day care, assisted living and retirement facilities, legal assistance, Medicare assistance, support groups, ombudsman services and more. If we don't know, we will find out.

Medical Documents

The California Hospital Association's Advance Health Care Directive. Available in the Administration Office.

Medical Equipment to Loan

Wheelchairs and walkers are available in the Administration Office.

Telephone Reassurance

Daily telephone call for seniors who live alone and have limited contact with friends or relatives.

OASIS Lunch Program provided by Age Well Senior Services

Hot and cold lunches are served in the OASIS Evelyn Hart Event Center. Please call three days in advance to order your lunch. Call the Meals Office at (949) 718-1820. Hot lunch menu is listed on page 41.

Lunch Service: Monday through Friday, 11:45am-12:30pm

\$4.50 suggested donation - 60 or younger \$6

Home delivered meals provided by Age Well Senior Services

Meals are available for homebound seniors; call for an assessment. Deliveries are also available for post-surgery or short time periods when one is incapacitated. Call the Meals Office at (949) 718-1820.

LEGAL ASSISTANCE

The Lawyers donate their time and offer a free half-hour consultation. Appointments are necessary; call (949) 644-3244. Consultations are held in the OASIS Administration Office.

Thursday, September 3 9-Noon

William O. London, Lawyer

Trusts, Wills, Probate, Estate Planning, Business Planning, Tax Planning, Powers of Attorney, Healthcare Directives & Living Wills

Thursday, September 17 1- 4pm

Regina Campbell, Lawyer

Elderlaw including Medi-Cal Planning, Estate Planning, Trusts, Probate, Gift Tax and Reviewing Contracts.

HEALTH SCREENINGS & MEDICARE COUNSELING

Blood Pressure Screening

Our friendly medical professionals will help you monitor your blood pressure twice a month.

Location: Library

Tues 9-11am 9/1 & 9/15 Free

Memory Screening

There is a \$45 fee for the screening. Provided by the Orange County Vital Aging Program, this screening promotes early detection and prevention of Alzheimer's Disease and related disorders. In-person screening at OASIS or Hoag; please call (949)764-6288 or visit www.OCVitalAging.org.

Visual Aid Screening

Provided by the Braille Institute. When eye glasses are no longer sufficient, make an appointment with the Braille representative for a visual screening. Physician referral required; call (714) 821-5000. Visit www.brailleinstitute.org.

Location: OASIS, every other month. Next screening 9/24

HICAP: Health Insurance Counseling and Advocacy Program

HICAP counselors assist you with information regarding health insurance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, supplemental, and long term care insurance. Available twice monthly. Appointments are necessary.

Location: OASIS Administration Office

TRANSPORTATION

The OASIS Senior Center provides curb-to-curb transportation through its Care-A-Van and Shuttle Programs.

Care-A-Van: Provides transportation to medical appointments, grocery shopping and other essential errands within City limits. Cost is \$3.00 each way.

Shuttle: Provides transportation to classes and activities held at OASIS. Cost is \$1.50 each way.

Payment: Riders must purchase a Ride Card to use for payment, sold in denominations of \$12, \$30 and \$60. Cards may be purchased in the Admin office or from a driver.

Eligibility:

- Must be age 60+
- Live in a private residence
- Must reside within Newport Beach, Corona del Mar or Newport Coast
- No longer driving

Service is available

Monday-Thursday, 7:45am - 4:30pm

Fridays, 8:00am - 4:00pm

It is recommended that reservations be made at least five business days in advance and can be made up to three weeks in advance.

Call OASIS to register (949) 644-3244.

OASIS TRANSPORTATION CLIENTS:

OASIS is offering four shopping trips:

Target on Tuesday, Sept. 8 & 22

99 Cent Store Tuesday, Sept. 15 & 29 from 10:00am - 12:00noon. Call the Administration Office at (949) 644-3244 to reserve your spot!



**Buy your ticket!
Membership Monthly
Get Together
Friday, September 4
See page 2 for details.**

Mission Statement

The Friends of OASIS, Inc. is a non-profit California corporation dedicated to supporting the senior community. The focus of this organization is to provide financial and volunteer support to the OASIS Senior Center. Its goal is to assist in giving seniors the opportunity to live healthy, active and productive lives.



FRIENDS' BOUTIQUE AND RUMMAGE SALE

Friday, October 2 (\$3 admission fee Friday only) & Saturday, October 3

Please save the date and start saving your items! This is a major fundraiser for Friends of OASIS, so please help us with your donations! Collection days are **September 21 through September 30 from 9:00am to 1:00pm in Room 4**. I have limited storage space if you absolutely must have your donations moved, but it is best if you can hang on to them until collection time. If you need something picked up, please call me at the Travel Office (949) 718-1810. We are accepting housewares, including kitchen items and small electric appliances, linens, jewelry, collectibles and small antiques, purses and notions, computers and office supplies, arts and crafts, pictures and picture frames, books, games and toys, small furniture and holiday items and decorations.



Scott Paulsen, Rummage Co-Chair

Have you ever wanted to own your own Player Piano? If so, we have a beautiful donated one (Aeloian Player Piano, America's Only Manual and Electric Players) with 18 rolls of music. Ebay has one online for \$5,000. First offer of \$1,000 buys ours!!! (Scott in Travel, 949 718-1810.)

CRYSTAL SHORES TRAVEL- CRUISE PLANNERS - AN AMERICAN EXPRESS TRAVEL REPRESENTATIVE PRESENTATION.

Thursday, September 3 1:00-2:30pm (This is a date change)
Event Center

Please join the Travel Department and Paul De Paul, Travel Advisor, for this presentation which will provide an overview of various options in cruising, along with pros and cons of each, including ocean and river cruising. Future cruise destinations and itineraries will be presented for your consideration and there will be time to answer any questions that you might have about a specific cruise.

OASIS GIFT SHOP



Come and see our selection of jewelry and hostess gifts.

New items added all the time!

Hours: 9:00am-3:00pm
Monday-Friday

PANCAKE BREAKFAST

Pancakes with syrup, sausages, coffee, milk and juice are served.

When: Saturday, Sept. 5 from 9:00-11:00am

Where: OASIS Evelyn Hart Event Center

Music: Arnie Di Cioccio on Piano.

Cost: \$4 per adult and \$2 per child

Pre-purchase tickets in the Friends' Office

THE "FRIENDLY" 2015-16 PROGRAM CAMPAIGN WE NEED YOUR HELP!

Dear OASIS member,

We want to take this opportunity to thank you for your continued support over the years and invite you to join our "Friendly" 2015-16 Program Campaign. Over the last few years, our membership has doubled (great news!) and our demand for programs and services have tripled. As we all know, the services and programs at OASIS are top notch and we want to keep them that way.

With the increasing costs to run these fantastic services, we are embarking on a year-long campaign to raise \$100,000 to help provide financial support to OASIS (think: transportation services, special events and much needed equipment to name a few). It is our goal to assist in giving seniors the opportunity to live healthy, active and productive lives.

So how can you help? We are asking all 5,000 members to "pitch in" to meet our goals. No donation is too small. Together we can continue with our mission to support this great organization.

P.S. Keep an eye out for our progress and check the thermometer!!



VOLUNTEER OF THE QUARTER, KATHY ROBERTS!

Kathy grew up in Palo Verdes, California and attend Palos Verdes High School and Long Beach State. She married and had five children (2 boys, 3 girls) and has 15 grandchildren. Kathy ran an event planning and wedding coordination business on and off for 10 years. During that time, she and her family operated a chain of retail stores for 30+ years. People tell us that Kathy has been volunteering since she was a small child. She was active on the PTA Boards at Andersen School, Lincoln School and Corona del Mar High School, all at the same time while her children were attending. She co-chaired five graduation nights at CDMHS which is a huge job. Kathy was involved in aquatic support programs in her neighborhood and at the high school, and was on the board of the American Field Service Students Abroad Program. Her family hosted many students from around the world. Liddy Paulsen got her involved in the National Charity League over 36 years ago, and she is still involved as a Sustainer and as a past president of the Newport Chapter. She volunteers for the American Cancer Society Relay for Life and has for over 10 years. Currently she is on the board of the Newport Community Counseling Center. One of Kathy's favorite activities currently is involvement in Family Promise, a project to house homeless families in Orange County.



Additionally, we are now the beneficiaries of her talents and energy as she works on the annual Casino Nights for Friends, helps with food service at the Monthly Get Together and is now involved in the organization and merchandizing for our Friends of OASIS Gift Shop. The Gift Shop is becoming a profit-making project and is supporting the many programs of Friends. Our Gift Shop is a great opportunity for socialization among the volunteers and customers and is a wonderful convenience for gift purchasers.

Kathy has a beautiful, bright spirit and we all appreciate her willingness to contribute to all we do here at OASIS. Congratulations KATHY ROBERTS, Volunteer of the Quarter!!

Scott Paulsen

TRIPS FILL UP QUICKLY! SIGN UP EARLY IF INTERESTED IN A TRIP!

Travel Office Hours: Monday-Friday 9:00am-1:00pm. Stop by or call us at (949) 718-1810.

There is a \$5.00 charge for non-Friends of OASIS members.

★ **Parking and pick-up for all day trips are at the northwest corner of 5th & Marguerite lot.**

DEAD SEA SCROLLS – CALIFORNIA SCIENCE CENTER \$69

Thursday, September 3 - WAITING LIST ONLY

Lunch on your own at the Center or bring a sack lunch. GOOD TIMES TRAVEL

Depart 9:30am

Return 5:00pm

FRANK LLOYD WRIGHT'S HOLLYHOCK HOUSE AND MORE \$79

Wednesday, September 16 - WAITING LIST ONLY

The Hollyhock House was Frank Lloyd Wright's first project in Los Angeles. After a tour of this architectural masterpiece, enjoy lunch at the 4-star Renaissance Restaurant located in the Manor Hotel (formerly the Chateau Elysee). After lunch visit the beautiful Hollywood Self-Realization Fellowship Temple. Good Times Travel

Depart 9:00am Return 6:00pm

SAN MANUEL INDIAN & BINGO CASINO \$15

Thursday, September 24

Try your luck playing slots, baccarat, blackjack, craps, keno, poker, video poker, and Bingo! MUST HAVE 50 SIGN-UPS FOR THIS TRIP TO BE SCHEDULED – PLEASE CALL NOW TO MAKE YOUR RESERVATION!

Depart 8:00am Return 5:00pm

BIG BEAR OKTOBERFEST & LAKE CRUISE \$89

Sunday, September 27 - WAITING LIST ONLY

Travel to the 44th annual Big Bear Oktoberfest featuring German entertainment from the polka to biergarten to bratwursts. Enjoy lunch with choice of entrée and apple strudel dessert. After, take a narrated cruise on Big Bear Lake aboard the Big Bear Queen (shaded and unshaded areas for your comfort) to see the sights such as the solar observatory, celebrity homes and learn about the local history. SUGGESTED: RUBBER SOLED-WALKING SHOES AND SWEATER OR JACKET. Good Times Travel

Depart 8:15am Return 6:15pm

THE PAPER CHASE \$55

Thursday, October 8 - WAITING LIST ONLY

First stop will be the Federal Reserve Bank. You will be given a 90-minutes behind-the-scenes walking tour and short film of this high-security processing area for millions of dollars in cash and coins. Next will be a guided tour of the L.A. Times printing plant. Lunch on your own at Olvera Street or Philippes. WHEN BOOKING, MUST PROVIDE FULL LEGAL NAME AS IT APPEARS ON YOUR DRIVER'S LICENSE AND BE ABLE TO PRESENT TO BANK SECURITY ON DAY OF TOUR.

WALKING SHOES ARE SUGGESTED. Good Times Travel

Depart 8:00am

Return 5:30pm

WATTS TOWERS & L.A. LIBRARY \$79

Thursday, October 15

First, will be a docent guided tour of the amazing Watts Towers, fanciful structures pieced together with steel reinforcing rods and wire mesh, colorfully decorated with seashells and fragments of broken dishes and bottles, by Simon Rodia. From there enjoy lunch at the San Antonio Winery. Afterwards a docent guided tour of the L.A. Central Library, a historic landmark with an astounding collection of books. Also, there are lovely gardens complete with fountains and sculptures to delight you. WALKING SHOES ARE SUGGESTED. Good Times Travel

Depart 9:00am

Return 5:30pm

GETTY MUSEUM \$40

Tuesday, October 20

It is an exhibition of 46 extremely rare bronzes entitled "Power and Pathos: Bronze Sculpture of the Hellenistic World." Most of the statues were lost for centuries; some excavated, some pulled from the water from scuttled ships and one was placed in a deep pit at the bottom of an ancient wall in Rome for reasons that remain a mystery. This is an unprecedented opportunity to eyeball one-fourth of the world's known Hellenistic bronzes in one place. The Hellenistic period spans nearly 300 years, from the death of Alexander the Great in 323 BC to Augustus Caesar's triumph over Cleopatra and Antony in 31 BC.

Depart 9:00 Return 4:30.

OASIS CAMEL DAIRY \$55

Thursday, October 29

Travel to Ramona where you will enjoy a 20-minute sit-down animal show in a tree-shaded theater. The owners, Gil and Nancy Riegler, will introduce you to their "American Dream" and meet and learn about their amazing camels as well as other Dairy residents. After the show enjoy a walking tour around the Dairy and meet more residents including exotic birds, horses, donkeys, sheep and their famous racing turkeys. Then to Julian for lunch on your own and perhaps

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a little time to visit the quaint stores. On the way home a stop at Dudley's Bakery and Gift Shop. WALKING SHOES ARE SUGGESTED.

Depart 8:00am

Return 5:00pm

EDWARDS AIR FORCE BASE

\$69

Thursday, November 5

This is your opportunity to travel to Edwards Air Force Base for docent-led driving tour of the Base and see the hangers, the aircraft flight line and its 22 runways. Lunch on your own at NASA'S Dryden Center cafeteria with time to visit the NASA gift shop and the Air Force Test Center Museum. MUST SIGN UP BY OCTOBER 26 AND PROVIDE DRIVER'S LICENSE NUMBER, DATE OF BIRTH. CITY AND STATE OF BIRTH, AND FULL LEGAL NAME AS IT APPEARS ON YOUR DRIVER'S LICENSE. DRIVER'S LICENSE MUST BE SHOWN TO BASE SECURITY UPON TRIP ARRIVAL. Good Times Travel

Depart 7:00am Return 7:00pm

MORONGO CASINO

\$20

Thursday, October 22 – TENTATIVE MUST HAVE 50 PASSENGERS

This is our first day trip to the casino so the good luck should be with you! After all, the casino has the largest gaming area in the West, nearly 150,000 square feet, and all your favorite games. Choose from 2,700 of the newest and most exciting slot machine in the world, enjoy 60 table games, poker, and BINGO!

Depart

Return

LA SHOPPING SPECTACULAR: A STOCKING STUFFER'S DREAM

\$55

Friday, November 20

Looking for unique gifts for Christmas? Join Bill Hoffman for a tour of unusual specialty stores that will delight you. Visit the L.A. Arts District, a trendy area of artists. Walk around The Japanese Village Plaza in Little Tokyo with over 25 stores, including Hello Kitty for the children. Visit Chinatown where you will find Chinese teas and herbs, Asian ceramics, a tasting at the tea station and more. On to Olvera Street where you will be provided a vendor map with buying recommendations. Lunch on your own at the popular San Antonio Winery. HOFFEY TOURS

Depart

Return

REAGAN LIBRARY – CHRISTMAS TREES

\$79

Wednesday, December 2

Join us for day at this Library and Museum showcasing

the great state of California. This year's exhibit features 24 trees representing tourist attractions, natural beauties and historical landmarks. Your holiday season won't be complete until you visit "A California Christmas" and marvel at the true uniqueness of the Golden State. Buffet Lunch included at the Library.

Depart 8:30am

Return 5:00pm

L.A. MASTER CHORALE'S FESTIVAL OF CAROLS

\$99

Saturday, December 12

Travel to the Disney Concert Hall for an enjoyable afternoon listening to holiday carols and seasonal favorites sung by the fantastic 115-member Los Angeles Chorale. They will be accompanied by Organist John West and you will have the opportunity to sing-a-long with them. Terrace level seating with great view of the choir and organ. Lunch on your own at Olvera Street, or at Philippe's, famous as the originator of the French dip. A great way to celebrate the Christmas season! GOOD TIMES TRAVEL

Depart 11:00am Return 6:00pm

ROSE PARADE – PASADENA

\$125

Friday, January 1, 2016

"Find Your Park", this year's theme, is a collaboration between the Pasadena Tournament of Roses and The National Park Services to celebrate the Parks' Centennial in 2016 which aims to increase awareness and excitement about our National Parks. Enjoy this floral spectacular and very special parade from excellent grandstand seating. Price includes seating, breakfast, a box lunch and the convenience of motorcoach transportation. A great family excursion and all ages are welcome. NOT HANDCAPPED ACCESSIBLE. NO REFUNDS AFTER DECEMBER 10, 2015. SIGN UP NOW – SEATING LIMITED.

Depart 5:00am

Return 12:30pm

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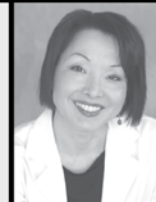
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Mail or deliver your membership application to: Friends of OASIS, 801 Narcissus Ave, Corona del Mar, CA 92625. (949) 718-1800
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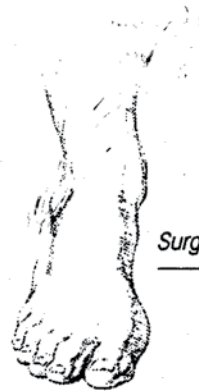
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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in advance to
reserve a lunch.
(949)718-1820**

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MEXICAN TOMATO SALSA**
SPANISH RICE
SPINACH SALAD WITH
TOMATOES
1/2 SLICE STONE GROUND
WHEAT BREAD
CHOCOLATE CAKE 1

SPLIT PEA SOUP
TUNA SALAD SANDWICH ON
WHOLE WHEAT BREAD
BROCCOLI & CAULIFLOWER
SALAD
FRESH FRUIT 2



**CHICKEN CURRY OVER
BROWN RICE**
BROCCOLI
CAESAR SALAD WITH
CROUTONS
BANANA 3

**Membership Monthly
Get Together**

Advance purchase required.
Tickets \$8 members/ \$10 non-members
Menu: 1/2 club sandwich, salad, fruit
and root beer float.

**LABOR
DAY**

LENTIL SOUP
TURKEY SANDWICH ON
WHOLE WHEAT BREAD
CARROT RAISIN SALAD
FRESH ORANGE
OATMEAL COOKIES 8



CHEESY TUNA CASSEROLE
CAESAR SALAD WITH
CROUTONS
GREEN PEAS
CLEMENTINE
VANILLA WAFERS 9

**TERIYAKI MEATBALL
RICE BOWL WITH
BROCCOLI & CARROTS**
MANDARIN & BANANA
SALAD 10

Patriot Day

PARMESAN CHICKEN
SPAGHETTI & SAUCE
SPRING SALAD MIX WITH
TOMATOES
ORANGE JUICE
APPLE PIE 11



ROSH HASHANAH
BEEF BRISKET
POTATO LATKES/SOUR CRM
APPLESAUCE
RED CABBAGE
RYE BREAD
SHERBET 14

**FISH FILET IN A
CREAMY DILL SAUCE**
LONG GRAIN BROWN RICE
BUTTERED CARROT COINS
CAESAR SALAD WITH
CROUTONS
ORANGE JUICE
FRUITY YOGURT 15

**SOUTHWESTERN CHICKEN
CHILI WITH TOPPINGS**
GARDEN SALAD WITH
DRESSING
CORN MUFFIN
NUTMEG CUSTARD 16

**BEEF STROGANOFF OVER
EGG NOODLES**
BRUSSELS SPROUTS
1/2 SLICE WHOLE WHEAT
BREAD
CINNAMON APPLES 17

Western Day

BBQ RIBLET
POTATO O'BRIEN
CAPRI BLEND
WHOLE GRAIN BREAD
APPLE COBBLER 18



**OVEN ROASTED CHICKEN
THIGHS**
ROSEMARY RED POTATOES
SWEET & SOUR CABBAGE
1/2 SLICE CRACKED WHEAT
BREAD
ÉCLAIR 21

**HERB ROASTED PORK
LOIN & GRAVY**
BAKED SWEET POTATO
CAPRI BLEND VEGETABLES
ORANGE JUICE
1/2 SLICE 9 GRAIN BREAD
FRUIT AMBROSIA 22

**BAKED ZITI WITH MEAT
SAUCE**
SPINACH SALAD WITH
CREAMY ITALIAN
DRESSING
ITALIAN BLEND VEGGIES
SLICED APPLES 23

HONEY MUSTARD CHICKEN
BAKED TOMATO HALF
ROASTED RED POTATOES
1/2 SLICE WHOLE WHEAT
BREAD
FRUITY RASPBERRY
GELATIN 24

Birthday Party
**CREAMY MACARONI &
CHEESE**

BUTTERED CARROT COINS
GREEN PEAS
FRESH ORANGE SLICES
CHOCOLATE CAKE
MUSIC BY TOM & JOHN 25



SPLIT PEA & HAM SOUP
EGG SALAD SANDWICH
ON WHEAT BREAD 28



SWISS STEAK & GRAVY
BAKED POTATO WITH
SOUR CREAM
CREAMED SPINACH
1/2 SLICE 9 GRAIN BREAD
SLICED PEACHES WITH
RASPBERRIES 29

SANTA FE CHICKEN STRIPS
SPANISH RICE
GREEN PEAS
1/2 SLICE WHOLE WHEAT
BREAD
FRESH FRUIT SALAD 30

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2015**

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Corona del Mar, 92625

ONLINE

1. Go to www.newportbeachca.gov.
2. Click on Recreation Classes.
3. Click on My Account.
4. New users: Create an account
5. Click on Register for Activities.
6. Select the class you desire, then click Add To My Cart.
7. Follow the steps for payment.

FAX

Fax your registration form and include your Visa, MC, Discover or Amex card number and expiration date to: (949) 640-7364

WALK IN

Bring registration form to the OASIS Admin Office
Monday- Friday
8:00am-5:00pm

First Name

Last Name

Address

City

Zip

Home Phone

Work/Cell Phone

email

☐ Check here for an emailed receipt

Participant's Name

Gender

Class # Session

Class name

Fee

EXAMPLE: JOHN DOE

M

5 7 8 9 4 1

KinderGYM

\$105

PHOTO RELEASE I understand that from time to time City representatives may photograph activities of City recreation programs and participants. By signing this form, I authorize the City of Newport Beach to use or publish any photographs taken by the City showing my participation or my child/children's to promote classes on the City's Internet web site, future publications of the Newport Navigator and/or flyers.

Class Fees

Non-residents add \$5 for classes \$74 & under OR \$10 for Classes \$75 & over

Total Paid

WAIVER & RELEASE OF LIABILITY In consideration of participation in the Program, I (We), the undersigned, recognize, agree and acknowledge as follows: (1) Participation in the Program is voluntary; (2) Follow and abide by the rules, regulations, guidelines and Participant Code of Conduct (3) The participant is in good health, physically able to participate in the program without restrictions and has no medical condition that would or may cause participation to be potentially hazardous to his or her health, which the city can request participant to agree to furnish medical documentation at participants own expense; (4) Failure to disclose a medical condition could terminate participation; (5) There is a real possibility that participant could be seriously injured while participating in the Program; (6) Participant assumes all risks associated with participation in the Program. Participant acknowledges the inherent and potential dangers of participating and expressly waives and voluntarily assumes all risk of personal injury or death which may be sustained while participating. I (we) recognize that registration in the program is dangerous and contains risk of personal injury, death, disability, property damage or loss ("damages.") I assume any and all risks associated with my or my child's participation in the Program, including, but not limited to, strenuous physical activity or exertion; striking or being struck, by objects or persons; slipping; and exposure to heat, cold or humidity. Such risk may result in injuries that include, but are not limited to: sprain, strain or tear of muscles or ligaments; fracture or dislocation of joints or bones; head or facial injuries; spinal cord or internal injuries. I know that the risks, hazards and dangers include, but are not limited to, falling, slipping, colliding with other users, staff or spectators. I understand that these risks, hazards and dangers are further increased when other persons, whether or not of the same level of experience, are present at the same time and/or using the same facilities. All such risks are known and appreciated by me. I hereby, for myself, my child, heirs, or anyone who might claim on my or my child's behalf, agree not to bring any claim, and waive, release and forever discharge the City of Newport, the Newport-Mesa Unified School District, and all of their officers, agents, and employees from any and all duty to me, my child and/or liability for damages arising out of or in the course of my child's participation in the Program, including all liability for any active or passive negligence by the City/Newport-Mesa Unified School District and/or their officers, agents and employees. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I waive and voluntarily assume all risk of personal injury which may be sustained while participating. The laws of the State of California shall govern this agreement. The undersigned, hereby acknowledged to be lawful parent(s) and/or guardian(s) of the participant, acknowledge(s) my/our qualifications to sign the Release on behalf of the participant.

Mandatory Signature: _____

Date: _____

Non-resident Fee -Those who do not reside within the City of Newport Beach, please add \$5 per class priced up to \$74 and \$10 for classes \$75 and over.

Refund Policy Unless otherwise noted — A \$10 (for classes priced \$74 and below) or \$20 (for classes priced \$75 and above) refund fee will be charged if the request is made prior to class meeting for the second time. A full refund will be granted when cancelled by Recreation staff. One and two day classes require 5 business days notice for a refund or transfers.

Fitness Center Refund Policy —A \$20 refund fee will be charged if the request is made within one week of sign-up. After one week no refunds will be granted.

Special Assistance - If you need special accommodations for any activities, please notify Recreation Services at the time of registration.

Credit Cards Accepted



Make Checks Payable to: City of Newport Beach

Registration Form

OASIS Fitness Center



(949) 718-1818

HOURS OF OPERATION

MONDAY-THURSDAY

7:00 am – 8:00 pm

FRIDAY

7:00 am – 5:00 pm

SATURDAY & SUNDAY

8:00 am – 4:00 pm

OASIS FITNESS CENTER MISSION STATEMENT

The OASIS Fitness Center strives to provide a safe, comfortable, senior-friendly exercise environment for the active older adult, providing our members the opportunity to incorporate an exercise routine into their life which nourishes their mind, body and spirit.

FITNESS CENTER MEMBERSHIP

- Age requirement is 50 years and older
- Newport Beach resident fee is \$125 a year
- Non-Newport Beach resident fee is \$175 a year
- No guest passes are available
- Registration is required prior to use of the Fitness Center
- Appropriate clothing and athletic shoes required
- No food or drinks other than bottled water are permitted
- Members must provide their own towels



OASIS PERSONAL TRAINERS

\$75/hour

\$40/ 30 min session

\$325/package of 5, one hour sessions (savings of \$50!)

\$350/package of 10, 30 min sessions (savings of \$40!)

**Personal training packages can be purchased with debit/credit card only*

SENIOR FITNESS ALL-STARS WHO STAY COMPETITIVE

The Huffington Post | By Meredith Melnick

Ever wonder if you're too old to train for a new sport? Consider the case of R. Laurence Macon, a trial lawyer from Dallas, Tex. who recently broke a world record for the number of marathons completed in a single year, with 113 certified races in 2011 alone. According to Reuters, Macon completed his final marathon of the year on New Year's Eve day, which was also the day he turned 67. Although the feat hasn't yet been submitted to the Guinness Book of World Records, his advanced age has gotten a great deal of attention. Though he insists he's no elite athlete. Reuters reported: Macon, who said he is in "lousy" physical shape for 67, said he just "goes out there and puts one foot in front of the other" and doesn't attempt speed records. In fact, he said his fastest marathon time is four hours, 45 minutes -- twice the usual winning time.

The story is certainly an inspiration to many would-be older marathoners, but Macon isn't the only Social Security recipient who tears up the track. A growing number of senior citizens -- or even just those who've aged out of conventional sport -- are competing at major athletic events like marathons, and some are outperforming athletes half their age.

But even for older adults who are in "lousy" shape, the process of training in a sport can be excellent for health. Studies show that regular exercise and training can slow the degeneration of bone density, muscular development and balance in older adults -- three physical functions that decline with age. And although aging inevitably has a negative effect on sport performance, one 2008 study of competitors in the Senior Olympics -- age 50 to 85 -- from the American Journal of Sports Medicine, found that major declines in performance time don't occur until after age 75.

The next time a new gym class or sport seems intimidating, consider the accomplishments of some elite senior athletes, who show that aging doesn't have to be an impediment to achieving fitness goals. And you don't have to look like an elite athlete either: consider the case of John Whittemore, the oldest competing athlete; the discus and javelin thrower, competed until the age of 104 and used his walker to approach the arena during his final years of competition.

OASIS Senior Resources Expo

Saturday, September 12
9:00am - 12:00pm
Evelyn Hart Event Center

**Free
Expo**

- ◆ Continental Breakfast
- ◆ Door Prizes
- ◆ Giveaways

*** LUNCH ***

**"A Taste
of OASIS"**

12:00pm

Tickets \$5

In Admin Office

**Free
Expo**

